KIKKOMAN

Dill-icious potato & asparagus salad

Total time **20 mins** **10 mins** preparation time **10 mins** cooking time

Nutritional facts (per portion):
1,066 kJ / 255 kcal

Fat: **12 g** Protein: **8.5 g**
Carbohydrates: **26.3 g**

INGREDIENTS

2 portion(s)

Dressing:

4 tbsp	natural yoghurt
2 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
1	garlic clove
1 tbsp	chopped dill
2 pinch	of pepper

Salad:

200 g	boiled potatoes, peeled
2 tbsp	olive oil
2 tbsp	chopped dill
0.5 bunch	of green asparagus
1 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
1 tsp	Pepper
40 g	iceberg lettuce
1	red pepper

PREPARATION

Step 1

4 tbsp natural yoghurt - **2 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **1** garlic clove - **1 tbsp** chopped dill - **2 pinch** of pepper
Mix the ingredients for the dressing and pour into two jars.

Step 2

200 g boiled potatoes, peeled - **2 tbsp** olive oil - **2 tbsp** chopped dill
Cut the potatoes into smaller pieces and fry them in olive oil until golden brown. Mix with the dill and also put in jars.

Step 3

0.5 bunch of green asparagus - **1 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **1 tsp** pepper - **40 g** iceberg lettuce - **1** red pepper
Cut the green asparagus into small pieces and fry in the same pan. Season with Kikkoman Less Salt Soy Sauce and the pepper. Arrange in the jars with the lettuce and diced red pepper. Before serving, transfer to a plate and mix well.