KIKKOMAN

Endive & chicory salad with Ponzu pomegranate dressing

Total time **25 mins** **15 mins** preparation time **10 mins** cooking time

Nutritional facts (per portion):
1,918 kJ / 445 kcal

Fat: **22.5 g** Protein: **13 g**
Carbohydrates: **46.4 g**

INGREDIENTS

2 portion(s)

150 g	edamame, frozen, podded
1	small clove garlic
100 g	yogurt
4.5 tsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
	Freshly ground pepper
60 g	ciabatta
2 tsp	Kikkoman Toasted Sesame Oil
2 tbsp	olive oil
100 g	endive salad
1	chicory
1	mini cucumber (or ¼ cucumber)
1	medium carrot
1	pomegranate
0.25 bunch	parsley
0.5 tsp	honey

PREPARATION

Step 1

Cook edamame in boiling water for 3-5 minutes, drain and allow to cool. Peel the garlic, puree with 80 g edamame and yogurt and season with 1-2 tsp Ponzu and pepper.

Step 2

Cut the ciabatta into approx. 2 mm thin slices and toast on both sides in 1 teaspoon of heated sesame oil and 1 tablespoon of olive oil until crispy.

Step 3

Wash the endive and chicory, cut the endive into strips and separate the chicory into leaves; cut them lengthways if required. Wash the cucumber and slice lengthwise. Peel the carrot and cut into pieces. Halve the pomegranate, remove the seeds and save the juice.

Step 4

Wash the parsley, pluck off the leaves and chop coarsely. Mix the remaining oil with the parsley, reserved pomegranate juice, honey and remaining Ponzu and season with pepper.

Step 5

Arrange the salad ingredients, drizzle with the dressing, garnish with dots of edamame dip and serve with the ciabatta chips.