

# Grilled chicken and salmon salad

Total time **45 mins** 20 mins preparation time **25 mins** cooking time

## INGREDIENTS

5 portion(s)

<b>1</b>	fennel bulb
<b>500 g</b>	skinless salmon fillet
<b>500 g</b>	chicken breast
<b>6 tbsp</b>	vegetable oil, such as sunflower oil, olive oil
<b>2</b>	romaine lettuce hearts
<b>1</b>	red onion
<b>150 g</b>	peas
<b>1</b>	red carrot
<b>1</b>	spring onion
<b>0.25</b>	pomegranate
<b>150 ml</b>	Kikkoman Naturally Brewed Soy Sauce
	Some coarse black pepper

## PREPARATION

### Step 1

**1** fennel bulb - **500 g** skinless salmon fillet  
First, prepare the grill ingredients.

Cut the fennel bulb into wedges and the salmon fillet into approximately 3 cm thick pieces.

### Step 2

**500 g** chicken breast

Brush the fennel, salmon, and chicken breast with 2 tablespoons of oil each, then grill on a hot grill until everything has a nice color and the chicken and salmon are cooked: grill the fennel & salmon for about 5 minutes on each side and the chicken breast for about 15-25 minutes, turning several times.

### Step 3

**2** romaine lettuce hearts

Thoroughly wash and dry the romaine lettuce hearts, then spread the leaves on a large plate.

### Step 4

**1** red onion - **150 g** peas - **1** red carrot - **1** spring onion - **0.25** pomegranate

Peel the onion, slice it into fine strips, and arrange it along with the peas on the lettuce.

Slice the carrot into fine strips, deseed the pomegranate, and slice the spring onion into fine strips.

### Step 5

**150 ml** Kikkoman Naturally Brewed Soy Sauce -  
Some coarse black pepper

Heat the soy sauce in a saucepan and reduce until it thickens into a sauce.

Arrange the fennel, salmon, and chicken breast on the lettuce. Decorate with sliced carrot, spring onion, and pomegranate seeds.

### **Step 6**

Season the salad with the reduced soy sauce and some black pepper, then serve immediately.