KIKKOMAN

Lamb's lettuce salad with celery, oranges and pesto dressing

Total time **12 mins** **10 mins** preparation time **2 mins** cooking time

Nutritional facts (per portion):
2,080 kJ / 497 kcal

Fat: **37.4 g** Protein: **9.8 g**
Carbohydrates: **29.6 g**

INGREDIENTS

100 g	lamb's lettuce
3	celery stalks
2	blood oranges
1 tbsp	sunflower seeds
Pesto	
1 bunch	basil
60 ml	olive oil
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
2 tbsp	lemon juice
1	clove garlic
2 tbsp	sunflower seeds
1 pinch	pepper

PREPARATION

Step 1

Dry fry all the sunflower seeds in a pan.

Step 2

Clean the basil and place it in a blender. Add the rest of the pesto ingredients and blend thoroughly.

Step 3

Cut the celery in thin slices and segment the orange. Add to a bowl with the cleaned lamb's lettuce.

Step 4

Toss with the pesto dressing and sprinkle with sunflower seeds.