KIKKOMAN

Lentil salad with dates & citrus dressing

Total time **15 mins** **15 mins** preparation time

Nutritional facts (per portion):
1,377 kJ / 329 kcal

Fat: **15 g** Protein: **10 g**
Carbohydrates: **38 g**

INGREDIENTS

2 portion(s)

Salad:

80 g	carrot
50 g	fresh cucumber
50 g	celery stalk
40 g	red onion
150 g	cooked black lentils

Dressing:

2 tbsp	chilli-infused olive oil
1 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
1 tbsp	freshly squeezed orange juice
0.5 tsp	freshly grated orange zest
1.5 tsp	maple syrup
1	small garlic clove, finely chopped
1 pinch	cinnamon
1 pinch	ground cumin
1 pinch	freshly ground red pepper

Additionally:

15 g	almonds
30 g	dried dates
0.5 tbsp	chopped coriander
0.5 tbsp	chopped mint
1.5 tbsp	pomegranate seeds

PREPARATION

Step 1

80 g carrot - **50 g** fresh cucumber - **50 g** celery stalk - **40 g** red onion - **150 g** cooked black lentils - **2 tbsp** chilli-infused olive oil - **2 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon - **1 tbsp** freshly squeezed orange juice - **0.5 tsp** freshly grated orange zest - **1.5 tsp** maple syrup - **1** small garlic clove, finely chopped - **1 pinch** cinnamon - **1 pinch** ground cumin - **1 pinch** freshly ground red pepper

Peel the carrot and cut into ribbons. Slice the cucumber and celery, and thinly slice the onion. Combine the vegetables with the lentils. In a separate bowl, mix the olive oil with the Kikkoman Ponzu Lemon, orange juice and zest, maple syrup, garlic, cinnamon, cumin and red pepper to make the dressing.

Step 2

15 g almonds - **30 g** dried dates - **0.5 tbsp** chopped coriander - **0.5 tbsp** chopped mint - **1.5 tbsp** pomegranate seeds

Toast the almonds in a dry pan, let them cool, then chop. Slice the dates and add to the salad with the chopped coriander and mint. Drizzle with the dressing from step 1 and toss to combine. Sprinkle with the chopped almonds and pomegranate seeds.