

Oriental-style udon noodle salad

Total time **15 mins** **5 mins** preparation time **10 mins** cooking time

INGREDIENTS

2 portion(s)

2	portions of udon noodles (frozen)
	Any vegetables you like
2 tbsp	sprouts
2 cup	of baby leaves or 8 lettuce leaves
80 g	cucumber
6	cherry tomatoes
60 g	carrots
4 slices	of lemon (or lime)
80 g	tuna (one tin)
2 tbsp	mayonnaise
0.5 tbsp	<u>Kikkoman Naturally Brewed Soy Sauce</u>

For the dressing:

4 tbsp	<u>Kikkoman Ponzu Citrus Seasoned Soy Sauce - Yuzu</u>
1 tbsp	olive oil
2 tbsp	mayonnaise
1 pinch	of sesame seeds

PREPARATION

Step 1

2 portions of udon noodles (frozen) - **2 tbsp** sprouts - **8** lettuce leaves - **80 g** long, thinly sliced cucumber - **6** cherry tomatoes, halved - **60 g** carrots, long and thinly sliced - **4 slices** of lemon (or lime)
Place the frozen udon in boiling water to defrost. Then immediately cool in cold water and drain.
Wash and cut the vegetables.

Step 2

80 g tuna (one tin) - **2 tbsp** mayonnaise - **0.5 tbsp** Kikkoman Naturally Brewed Soy Sauce
Mix the tuna with the mayo and Kikkoman Soy Sauce.

Step 3

4 tbsp Kikkoman Ponzu Citrus Seasoned Soy Sauce - Yuzu - **1 tbsp** olive oil - **2 tbsp** mayonnaise - **1 pinch** of sesame seeds
Mix together the Kikkoman Ponzu Soy Sauce - Yuzu, olive oil, mayonnaise and white sesame seeds.

To serve:

Place the lettuce in a deep dish, then add the udon noodles and the remaining vegetables. Top with the tuna and pour on the dressing.