KIKKOMAN

# Rainbow salad with miso dressing

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

Nutritional facts (per portion):
**1,127 kJ / 270 kcal**

Fat: **9.2 g** Protein: **14.7 g**
Carbohydrates: **31 g**

## INGREDIENTS

**2 portion(s)**

| | |
|---|---|
| **100 g** | pointed cabbage |
| **160 g** | red cabbage |
| **120 g** | fresh beetroot |
| **2** | carrots |
| **50 g** | radishes |
| **1** | small red-skinned apple |
| **1** | small red-skinned pear |
| **1 tsp** | miso paste |
| **2 tbsp** | apple cider vinegar |
| **2 tsp** | linseed oil |
| **2 tbsp** | Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce |
| **1 tsp** | Kikkoman Mirin-Style Sweet Cooking Seasoning |
| | Freshly ground pepper |
| **2 tsp** | linseed (optionally crushed) |
| **2 tbsp** | water |
| **200 g** | granular cream cheese |

## PREPARATION

### Step 1

**100 g** pointed cabbage - **160 g** red cabbage - **120 g** fresh beetroot - **2** carrots - **50 g** radishes - **1** small red-skinned apple - **1** small red-skinned pear
Roughly grate the pointed cabbage, red cabbage, beetroot and carrots separately. Slice the radishes, and cut the apple and pear first into wedges and then into slices.

### Step 2

**1 tsp** miso paste - **2 tbsp** apple cider vinegar - **2 tsp** linseed oil - **2 tsp** Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce - **1 tsp** Kikkoman Mirin-Style Sweet Cooking Seasoning - Freshly ground pepper - **2 tsp** linseed (optionally crushed) - **2 tbsp** water
For the dressing, whisk the miso paste with 2 tbsp water, the vinegar, oil, Kikkoman Gluten free Soy Sauce and Kikkoman Mirin-Style Sweet Seasoning, then season with the pepper. Toast the linseed in a small non-stick frying pan.

### Step 3

**200 g** granular cream cheese
Layer the salad in a tall salad glass as follows: dressing, red cabbage, apple, carrot, radish, pointed cabbage, beetroot, pear, cream cheese and linseed. Close the jar and shake briefly before serving to distribute the dressing. Alternatively, serve the salad in bowls.