

Rigatoni chicken salad with mustard-soy sauce-dressing

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

Nutritional facts (per portion):
2535 kJ / 605 kcal

Fat: **30.1 g** Protein: **23 g**
Carbohydrates: **56.8 g**

INGREDIENTS

4 portion(s)

For the dressing:

50 ml orange juice
80 g Wholegrain mustard (e.g. from Maille)
50 ml Kikkoman Naturally Brewed Soy Sauce
100 ml olive oil
Freshly ground white pepper
Sugar

For the salad:

240 g rigatoni
180 g chicken breast fillet
salt, freshly ground pepper
200 g small broccoli
1 Orange
160 g yellow and red cherry tomatoes
1 handful baby leaf spinach
60 g olives

PREPARATION

Step 1

For the dressing, boil down orange juice to about half its original volume. Mix with mustard, soy sauce and oil and season with pepper and sugar.

Step 2

For the salad, cook the rigatoni according to the packet instructions and leave to cool. Wash chicken breast fillet, cut in half, dab dry, season with salt and pepper, steam for 5-6 minutes, let cool and shred.

Step 3

Cut broccoli into small florets, wash, blanch and shock. Peel and segment the orange. Wash and halve the tomatoes if needed. Wash spinach and spin dry.

Step 4

Mix rigatoni, broccoli, orange segments, tomatoes, spinach and olives with approx. $\frac{3}{4}$ of the dressing and arrange on plates. Arrange the chicken on top, drizzle with the rest of the dressing and serve.