

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

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

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

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. ¾ of the dressing and arrange on plates. Arrange the chicken on top, drizzle with the rest of the dressing and serve.