

Sweetcorn Feta & Berry Salad

Total time **45 mins** 15 mins preparation time 30 mins cooking time

Nutritional facts (per portion):
3,948 kJ / 987 kcal

Fat: **56 g** Protein: **31 g**
Carbohydrates: **94 g**

INGREDIENTS

2 portion(s)

1	corn on the cob
1	avocado
140 g	blueberries and strawberries
0.5	cucumber
1	small red onion
1 handful	spinach
1 handful	fresh coriander leaves
1 handful	fresh basil leaves (preferably Thai)
1 handful	parsley
50 g	feta cheese
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	Olive oil
Dressing:	
100 ml	Kikkoman Naturally Brewed Soy Sauce
	heaped tablespoon honey
1.5 tbsp	lemon juice
70 ml	olive oil
	Tabasco sauce (optional)

PREPARATION

Step 1

To make the dressing - pour [Kikkoman Soy Sauce](#) into a bowl, add honey, olive oil and lemon juice and mix thoroughly. You may add a little Tabasco sauce to the dressing.

Step 2

Sprinkle the corn with [Kikkoman Soy Sauce](#) and olive oil. Wrap with aluminum foil and place it under a grill. Cook for around 30 minutes, turning over from time to time. After cooking, use a knife to remove corn from the cob.

Step 3

Cut the avocado into large cubes.

Step 4

Cut the cucumber in quarters and then slice it.

Step 5

Cut the onion into thin half moons.

Step 6

In a large bowl place cleaned spinach. Add the corn, fruits, avocado, cucumber and herb leaves. Gently mix all the ingredients. Place on plates, add feta cheese and sprinkle with the prepared dressing.