

Tangy-sweet chicken livers with beetroot salad and peanuts

Total time **40 mins** 20 mins preparation time 20 mins cooking time

Nutritional facts (per portion):
3084.6 kJ / 735.3 kcal

Fat: **28.1 g** Protein: **41.4 g**
Carbohydrates: **74.1 g**

INGREDIENTS

4 portion(s)

To marinate the chicken livers

500 g chicken livers
2 tbsp Kikkoman Naturally Brewed Soy Sauce
2 tbsp rice vinegar
2 tbsp brown sugar
1 tbsp tomato purée
1 tbsp cornflour
1 clove of garlic, chopped
1 cm ginger, grated

For the beetroot salad

2.5 beetroots, cooked
0.5 onion
2 tbsp olive oil
1 tbsp lemon juice
2 tbsp Kikkoman Naturally Brewed Soy Sauce
80 g roasted peanuts

To fry the chicken livers

2 tbsp oil for frying
8 Slices of white bread

PREPARATION

Step 1

500 g chicken livers - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **2 tbsp** rice vinegar - **2 tbsp** brown sugar - **1 tbsp** tomato purée - **1 tbsp** cornflour - **1** clove of garlic, chopped - **1 cm** ginger, grated

Prepare the marinade by mixing the Kikkoman Soy Sauce, rice vinegar, brown sugar, tomato purée, cornflour, garlic, and ginger. Cut the chicken livers into bite-sized pieces, add to the marinade and leave to marinate for about 15-20 minutes.

Step 2

2.5 beetroots, cooked - **0.5** onion - **2 tbsp** olive oil - **1 tbsp** lemon juice - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **80 g** roasted peanuts
Peel the ½ onion and cut into fine rings. Mix the olive oil, lemon juice and Kikkoman Soy Sauce together. Cut the beetroot into thin slices and finally mix everything with the peanuts.

Step 3

Marinated chicken livers - **2 tbsp** oil - **8 Slices** of white bread

Fry the marinated livers in a pan with oil for 5-6 minutes. Sprinkle oil on the white bread and toast in the oven at 180 °C for about 7 minutes until golden brown. Serve the fried chicken livers with the toasted white bread and the beetroot salad.