KIKKOMAN

Warm Mirin chicken and pumpkin salad

Total time **50 mins** **15 mins** preparation time **10 mins** marinating time **25 mins** cooking time

Nutritional facts (per portion):
1,597 kJ / 380 kcal

Fat: **16.3 g** Protein: **26.9 g**
Carbohydrates: **29.8 g**

INGREDIENTS

4 portion(s)

400 g	pumpkin (e.g. Hokkaido)
4 tbsp	olive oil
0.5 tsp	rosemary, chopped
4 tbsp	Kikkoman Naturally Brewed Soy Sauce
	Freshly ground pepper
9 tbsp	Kikkoman Mirin-Style Sweet Cooking Seasoning
0.25 tsp	thyme, rubbed
400 g	skinless chicken breast or thigh
200 g	cherry tomatoes
2.5	mini cucumbers
150 g	mixed salad leaves (refrigerated)
1 tsp	mustard
2 tbsp	Kikkoman Toasted Sesame Oil
5.5 tbsp	lemon juice

PREPARATION

Step 1

Preheat the oven to 200°C top/bottom heat (180°C convection oven). Wash the pumpkin, cut the flesh into 2 cm cubes and mix with 2 tbsp olive oil, the rosemary, 1 tbsp soy sauce, pepper and 2 tbsp Mirin. Spread the pumpkin mixture in a baking dish or on a small baking sheet and bake in a preheated oven for 10-12 minutes.

Step 2

For the marinade mix the remaining olive oil, 2 tbsp soy sauce, the thyme, pepper and 3 tbsp Mirin. Mix the chicken with the marinade and refrigerate for a short time.

Step 3

Wash the tomatoes and the cucumbers, cut the tomatoes in half and the cucumbers into thin slices or sticks. Wash the lettuce and spin dry.

Step 4

For the dressing mix the mustard, sesame oil, lemon juice, remaining soy sauce and pepper and season with the Mirin.

Step 5

Fry the chicken in a non-stick pan for 5-8 minutes until golden brown.

Step 6

Arrange the salad with the squash, tomatoes, cucumbers and warm chicken on plates, drizzle with the dressing and serve.