

Zesty avocado-nectarine summer salad

Total time **15 mins** 10 mins preparation time 5 mins cooking time

Nutritional facts (per portion):
1,882 kJ / 450 kcal

Fat: **27.2 g** Protein: **12.6 g**
Carbohydrates: **36 g**

INGREDIENTS

2 portion(s)

Salad:

50 g wholemeal couscous
1 Hass avocado
1 tbsp olive oil
1 tbsp [Kikkoman Naturally Brewed Soy Sauce](#)
1 tbsp sesame seeds
1 tbsp linseed
2 nectarines
2 cucumbers
40 g rocket salad

Dressing:

4 tbsp Greek yoghurt
1 tbsp lemon juice
2 tbsp [Kikkoman Naturally Brewed Soy Sauce](#)
1 tsp chopped mint
2 tbsp chopped coriander

PREPARATION

Step 1

50 g wholemeal couscous - **4 tbsp** Greek yoghurt - **1 tbsp** lemon juice - **2 tbsp** [Kikkoman Naturally Brewed Soy Sauce](#) - **1 tsp** chopped mint - **2 tbsp** chopped coriander
Pour boiling water over the couscous, and as soon as it swells, set aside to cool.

Mix the ingredients for the dressing thoroughly and pour into two jars.

Step 2

1 Hass avocado - **1 tbsp** olive oil - **1 tbsp** [Kikkoman Naturally Brewed Soy Sauce](#) - **1 tbsp** sesame seeds - **1 tbsp** linseed - **2** nectarines - **2** cucumbers
Cut the avocado into cubes and mix with the sesame seeds, linseed, Kikkoman Soy Sauce and olive oil. Arrange them in jars. Add the diced nectarines and sliced cucumbers.

Step 3

40 g rocket salad
Top with the rocket salad and couscous. Place on a plate and mix well before serving.