

Chicory Salad

Total time **10 mins 10 mins** preparation time

Nutritional facts (per portion):

654 kJ / 229 kcal

INGREDIENTS

4 portion(s)

2 heads chicory

1 Granny Smith apple almonds, roasted (skins

on)

2 tsp white wine vinegar

1 tbsp maple syrup

3 tsp <u>Kikkoman Naturally</u>

Brewed Soy Sauce

2 tbsp vegetable stock

2 tbsp olive oil0.5 bunch chives

3 tbsp pomegranate seeds

Fat: **16.9** g Protein: **6.5** g Carbohydrates: **11.3** g

PREPARATION

Step 1

Rinse and dry the chicory, apple, and chives. Cut the chicory into thumb sized slices, the apple into sticks, and roughly chop the almonds. Throw everything into a bowl.

Step 2

Mix the vegetable stock together with the vinegar, maple syrup, Kikkoman soy sauce and olive oil, and toss with the fresh ingredients in the bowl.

Step 3

Roughly chop the chives then garnish the salad with the herbs and pomegranate seeds.