KIKKOMAN

Chicory Salad

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

Nutritional facts (per portion):
654 kJ / 229 kcal

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

INGREDIENTS

4 portion(s)

2	heads chicory
1	Granny Smith apple
80 g	almonds, roasted (skins on)
2 tsp	white wine vinegar
1 tbsp	maple syrup
3 tsp	Kikkoman Naturally Brewed Soy Sauce
2 tbsp	vegetable stock
2 tbsp	olive oil
0.5 bunch	chives
3 tbsp	pomegranate seeds

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.