

Chinese leaf & spinach salad

Total time **15 mins** **15 mins** preparation time

Nutritional facts (per portion):
1,922 kJ / 459 kcal

Fat: **30.6 g** Protein: **15.1 g**
Carbohydrates: **40.3 g**

INGREDIENTS

2 portion(s)

1	head napa cabbage
1	long cucumber
1	kohlrabi
1 bunch	chives
1	sprig fresh mint
50 g	spinach
1	small onion
1	garlic clove
3 tbsp	olive oil
2 tbsp	<u>Kikkoman Naturally Brewed Less Salt Soy Sauce</u>
1 tbsp	<u>Kikkoman Seasoning for Sushi Rice (125ml)</u>
1 tbsp	lemon juice
1 tbsp	nutritional yeast flakes
2 tbsp	roasted cashews

PREPARATION

Step 1

1 head napa cabbage - **1** long cucumber - **1** kohlrabi - **1 bunch** chives - **1** sprig fresh mint
Finely shred the Chinese leaf and dice the kohlrabi. Remove the seeds from the cucumber and set them aside. Slice the remaining cucumber. Combine the vegetables with the chopped chives and mint leaves.

Step 2

50 g spinach - **1** small onion - **1** garlic clove - **3 tbsp** olive oil - **2 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **1 tbsp** Kikkoman Seasoning for Sushi Rice (125ml) - **1 tbsp** lemon juice - **1 tbsp** nutritional yeast flakes - **2 tbsp** roasted cashews
Blend the spinach, onion, garlic and the reserved cucumber seeds into a smooth sauce with the olive oil, Kikkoman Less Salt Soy Sauce, Kikkoman Seasoning for Sushi Rice, lemon juice, nutritional yeast and cashews. Pour the dressing over the vegetables and mix thoroughly.