KIKKOMAN

Kale salad with roasted beetroots & feta

Total time **8 mins** **8 mins** preparation time

Nutritional facts (per portion):
1,139 kJ / 272 kcal

Fat: **6.7 g** Protein: **7.5 g**
Carbohydrates: **44 g**

INGREDIENTS

2 portion(s)

80 g	kale
1 bunch	parsley
2	beetroots
1	pomegranate
3 tbsp	jumbo raisins
30 g	walnuts
50 g	feta
1 tbsp	olive oil
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	agave syrup or runny honey
1 tbsp	lemon juice
1 tsp	dried thyme
1 tsp	ground cumin

PREPARATION

Step 1

80 g kale - **1 bunch** parsley - **2** beetroots - **1** pomegranate - **3 tbsp** jumbo raisins - **30** walnuts - **50 g** feta

Wash the kale, roughly chop it with the parsley. Roast the beetroots: wrap them in aluminium foil and bake at 200 °C for 1h or until soft. Remove the skins, let them cool and cut into large cubes. Mix with the parsley, kale, raisins, pomegranate seeds, walnuts and crumbled feta.

Step 2

1 tbsp olive oil - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** agave syrup or runny honey - **1 tbsp** lemon juice - **1 tsp** dried thyme - **1 tsp** ground cumin

Whisk the dressing ingredients together and pour over the salad just before serving.