

Lettuce & Anchovy Dressing

Total time **25 mins** **15 mins** preparation time **10 mins** cooking time

Nutritional facts (per portion):
3,472 kJ / 868 kcal

Fat: **70 g** Protein: **23 g**
Carbohydrates: **38 g**

INGREDIENTS

2 portion(s)

2	baby Romaine lettuces
3 tbsp	olive oil
3 tbsp	<u>Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon</u>
1 tsp	honey
40 g	Parmesan flakes
10	cherry tomatoes
Dressing	
1	clove garlic
3 tbsp	<u>Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon</u>
4	anchovies
3 tbsp	<u>Kikkoman Naturally Brewed Soy Sauce</u>
40 g	grated Parmesan cheese
2 tbsp	mayonnaise
1 tsp	Dijon mustard
1 bunch	parsley
40	croutons with herbs
	Freshly ground black pepper

PREPARATION

Step 1

Cut each lettuce in half lengthwise. Sprinkle with olive oil, honey and Kikkoman Ponzu Citrus Sauce

Step 2

Grill lettuce on a high temperature preheated surface for around 1-2 min on both sides. Grill also the cherry tomatoes.

Step 3

In a blender place mayonnaise with Kikkoman Ponzu Citrus Sauce, garlic, mustard, grated Parmesan, anchovies, Kikkoman Soy Sauce and freshly ground pepper. Blend everything thoroughly to a smooth sauce.

Step 4

Serve grilled lettuce with cherry tomatoes and the anchovy dressing. Sprinkle with Parmesan flakes and chopped parsley. Serve with croutons.