KIKKOMAN

Pak choi salad with cucumber, carrot and nuts

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

Nutritional facts (per portion):
804 kJ / 192 kcal

Fat: **13.6 g** Protein: **6.3 g**
Carbohydrates: **9.5 g**

INGREDIENTS

2 portion(s)

100 g	pak choi
1	green cucumber
1	carrot
1 tbsp	lemon juice
4 tsp	Kikkoman Toasted Sesame Oil
1 tsp	Kikkoman Naturally Brewed Soy Sauce
1 tsp	rice vinegar
1 tsp	sugar
1 tsp	miso paste
1	garlic clove
0.25 tsp	ground ginger
2 tbsp	peanuts
1	spring onion

PREPARATION

Step 1

100 g pak choi - **1** carrot - **1** green cucumber
Chop the pak choi, grate the carrot and slice the cucumber.

Step 2

1 tbsp lemon juice - **4 tsp** Kikkoman Toasted Sesame Oil - **1 tsp** Kikkoman Naturally Brewed Soy Sauce - **1 tsp** rice vinegar - **1 tsp** sugar - **1 tsp** miso paste - **1** clove of garlic - **0.25 tsp** ground ginger - **2 tbsp** peanuts
Mix the lemon juice, Kikkoman Sesame Oil, Kikkoman Soy Sauce, rice vinegar, sugar, miso paste, crushed garlic and ground ginger in a bowl.

Roast the nuts in a dry frying pan.

Step 3

1 spring onion
Chop the spring onion. Mix the vegetables with the prepared sauce and sprinkle with the roasted nuts and spring onion.