

Rainbow salad with miso dressing

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

Nutritional facts (per portion):
1,127 kJ / 270 kcal

Fat: **9.2 g** Protein: **14.7 g**
Carbohydrates: **31 g**

INGREDIENTS

2 portion(s)

100 g	pointed cabbage
160 g	red cabbage
120 g	fresh beetroot
2	carrots
50 g	radishes
1	small red-skinned apple
1	small red-skinned pear
1 tsp	miso paste
2 tbsp	apple cider vinegar
2 tsp	linseed oil
2 tbsp	<u>Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce</u>
1 tsp	<u>Kikkoman Mirin-Style Sweet Seasoning</u>
	Freshly ground pepper
2 tsp	linseed (optionally crushed)
2 tbsp	water
200 g	granular cream cheese

PREPARATION

Step 1

100 g pointed cabbage - **160 g** red cabbage - **120 g** fresh beetroot - **2** carrots - **50 g** radishes - **1** small red-skinned apple - **1** small red-skinned pear
Roughly grate the spring cabbage, red cabbage, beetroot and carrots separately in a processor. Slice the radishes, and cut the apple and pear first into wedges and then into slices.

Step 2

1 tsp miso paste - **2 tbsp** apple cider vinegar - **2 tsp** linseed oil - **2 tsp** Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce - **1 tsp** Kikkoman Mirin-Style Sweet Seasoning - Freshly ground pepper - **2 tsp** linseed (optionally crushed) - **2 tbsp** water

For the dressing, whisk the miso paste with 2 tbsp water, the vinegar, oil, Kikkoman Gluten free Soy Sauce and Kikkoman Mirin-Style Sweet Seasoning, then season with the pepper. Toast the linseeds in a small non-stick frying pan.

Step 3

200 g granular cream cheese

Layer the salad in a tall glass jar as follows: dressing, red cabbage, apple, carrot, radish, spring cabbage, beetroot, pear, cream cheese and linseeds. Close the jar and shake briefly before serving to distribute the dressing. Alternatively, serve the salad in bowls.