KIKKOMAN

Rigatoni chicken salad with mustard & soy sauce dressing

Total time **45 mins** **25 mins** preparation time **20 mins** cooking time

Nutritional facts (per portion):
2,535 kJ / 605 kcal

Fat: **30.1 g** Protein: **23 g**
Carbohydrates: **56.8 g**

INGREDIENTS

4 portion(s)

For the dressing:

50 ml	orange juice
80 g	Wholegrain mustard (e.g. from Maille)
50 ml	Kikkoman Naturally Brewed Soy Sauce
100 ml	olive oil
	Freshly ground white pepper
	Sugar

For the salad:

240 g	rigatoni
180 g	chicken breast fillet
	salt, freshly ground pepper
200 g	small broccoli
1	Orange
160 g	yellow and red cherry tomatoes
1 handful	baby leaf spinach
60 g	olives

PREPARATION

Step 1

For the dressing, boil down orange juice to about half its original volume. Mix with mustard, soy sauce and oil and season with pepper and sugar.

Step 2

For the salad, cook the rigatoni according to the packet instructions and leave to cool. Cut chicken fillet in half, season with salt and pepper, steam for 5-6 minutes, let it cool and shred.

Step 3

Cut broccoli into small florets, wash, blanch and shock. Peel and segment the orange. Wash and halve the tomatoes if needed. Wash spinach and spin dry.

Step 4

Mix rigatoni, broccoli, orange segments, tomatoes, spinach and olives with approx. ¾ of the dressing and arrange on plates. Arrange the chicken on top, drizzle with the rest of the dressing and serve.