KIKKOMAN

Rocket & lamb's lettuce salad with apple & soy sauce dressing

Total time **20 mins** **20 mins** preparation time

Nutritional facts (per portion):
2,530 kJ / 604 kcal

Fat: **49.9 g** Protein: **8.6 g**
Carbohydrates: **28.8 g**

INGREDIENTS

2 portion(s)

60 g	lamb's lettuce
60 g	rocket
80 g	fresh mushrooms
1	red onion
100 g	cherry tomatoes
1	red-skinned apple
1	avocado (not too ripe)
	Some lemon juice
100 ml	apple juice
1.5 tsp	apple cider vinegar
2.5 tsp	Kikkoman Naturally Brewed Soy Sauce
3.5 tbsp	olive oil
0.75 tsp	mustard
	Freshly ground pepper
50 g	baguette

PREPARATION

Step 1

Wash and dry the lettuce and rocket. Cut the mushrooms into slices or quarters. Peel the onion and cut into fine rings. Quarter tomatoes. Wash and quarter the apple and remove the core. Set aside a quarter of the apple and cut the remaining apple into wedges. Shape the avocado into roses, see tip.

Step 2

For the dressing, grate the apple quarter, puree with apple juice, apple cider vinegar, Kikkoman Soy Sauce, 2 tablespoons oil and mustard and season with pepper.

Step 3

Cut the baguette into cubes and fry in the remaining heated oil until crispy.

Step 4

Arrange the salad ingredients, drizzle the dressing, sprinkle the croutons on top and serve.