

Japanese Restaurant-style Salad

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-restaurant-chicken-recipe>

Ingredients:

- 1 head romaine lettuce or Bibb, washed well and torn
- 2 tomatoes perfectly ripe, cut into big chunks
- 1/2 cucumber sliced thin
- 1/2 red onion sliced thin
- 3 chicken breasts large, chilled well and shredded
- dressing Carrot-Ginger-Scallion, recipe below
- sesame Nori, Sprinkle, recipe below
- toasted sesame seeds black
- sriracha sauce hot, optional
- ponzu sauce, optional
- 2 large carrots peeled and roughly chopped
- 3 green onions plus tops, chopped
- 1/4 cup fresh ginger root peeled, roughly chopped
- 1 large garlic cloves peeled and halved
- 1/4 cup cream sherry
- 1/4 cup rice vinegar
- 2 tablespoons raw honey
- 2 tablespoons toasted sesame oil
- 1/2 cup extra-virgin olive oil
- 1 tablespoon ponzu sauce
- 1 teaspoon freshly ground black pepper
- 3 sheets seaweed nori, toasted
- 2 tablespoons toasted sesame oil
- 1 teaspoon sugar
- pinch coarse sea salt

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 20 grams

3. Cholesterol: 75 milligrams
4. Fat: 35 grams
5. Fiber: 4 grams
6. Protein: 27 grams
7. SaturatedFat: 6 grams
8. Sodium: 400 milligrams
9. Sugar: 13 grams

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