JAPANESE · SAUCE

Japanese Wasabi-Soy Salad Dressing

3 min · Makes 3 × 1 tbsp · 34 kcal a portion · Video 20:37 · JAPANESE COOKING CHANNEL

Vegan · No nuts listed

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A sharp, punchy dressing at about 33 kcal a tablespoon, with under 2 g of fat and about 3 g of sugar; it is salty (about 400 mg sodium a tablespoon), so a light drizzle is enough.

Diet notes: Low saturated fat (0.3 g, 8% of the energy); Gluten-free with a swap: Use tamari instead of soy sauce, and check the wasabi paste label, to keep it gluten-free.

Ingredients 6 · MAKES 3 × 1 TBSP

- [ ] 1 tsp **wasabi paste** (from a tube)
- [ ] 1 tbsp **soy sauce**
- [ ] 1 tbsp **rice vinegar**
- [ ] 2 tsp **sugar**
- [ ] 1 tsp **sesame oil**
- [ ] a pinch of **salt**

Allergens found in the listed ingredients: Gluten, Sesame, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Squeeze the wasabi paste into a small bowl; 1 teaspoon gives a clear kick, so add a little more only if you love wasabi. 11:27
2. Add the soy sauce, rice vinegar, sugar, sesame oil and a pinch of salt. 11:41
3. Stir until the sugar dissolves and the wasabi is fully mixed in. 12:10
4. Spoon sparingly over a Japanese-style salad of crisp leaves. It keeps about 2 weeks in a sealed jar in the fridge. 12:24

> **Tip** Lovely on a crunchy leaf salad finished with bonito flakes and shredded nori, as in the video. Add a little more wasabi if you love the heat.

The method is a summary in our words — the video shows every step.

One portion (1 tbsp) gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
34 kcal	0.5 g	4 g	0.2 g	1.8 g	410 mg
140 kJ	1% of a day	3.8 g net · 3 g sugars	1% of a day	0.3 g saturated	18% of a day
		1% of a day		2% of a day	

Energy from net carbs 46% · protein 6% · fat 48%

Recipe and video: JAPANESE COOKING CHANNEL (@JapaneseCookingChannel) on YouTube — youtube.com/watch?v=J6icMnmHVec, published 12 August 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/japanese-wasabi-soy-dressing