



Japanese Walnut Miso Potato Salad

Author: Kasumi Moai, Japan



INGREDIENTS

- 120g of California Walnuts
- 4 pieces of potatoes
- 1/4 Onion
- 1 Cucumber
- 2 large salted kelp (if not available, change to 2 large chopped nori)
- Kaiware (white radish sprouts) as needed (if not available, change to broccoli sprouts)
- 【A】1.5 tablespoon miso (soybean paste)
- 【A】2 teaspoon mirin (sweet cooking rice wine)
- 【A】1 teaspoon sugar
- 4 tablespoon mayonnaise
- Black pepper as needed

Nutritional value of 4 servings	
Energy(kcal)	1720
Carbohydrates (g)	130.8
Protein (g)	32.4
Dietary Fiber (g)	29.8
Total Fat (g)	126.8
Monounsaturated fatty acids (g)	34.81
Polyunsaturated fatty acids (g)	74.1

INSTRUCTIONS

1. Peel potatoes, wrap them in plastic wrap, and microwave at 600 W for 5 minutes. Mash the potatoes in a bowl. *If they are hard, heat them for an additional minute at a time.
2. Thinly slice the onion and soak it in water. Cut the cucumber into small pieces. Crush walnuts into bite-size pieces.
3. Heat a frying pan over low heat, roast walnuts for 2 to 3 minutes, add A, and saute lightly. *Save some roasted walnuts for topping (about 30g).
4. Add mayonnaise, 2, 3, and salted kelp to 1 and dress. Serve on a plate. Top with kaiware and the remaining walnuts. *Sprinkle with black pepper to taste.