



ITALIAN MARINATED PIECES SALAD BOWL

INGREDIENTS

- 1 pack Garden Gourmet Sensational Filet Pieces Mediterranean Seasoning
- 1 small red onion
- 1 lemon
- 1 small zucchini
- 1 small eggplant
- ½ red and ½ yellow pepper
- 4 tbs extra virgin olive oil
- 2 tbs balsamic vinegar
- salt and pepper
- 1 tsp dried oregano
- 1 jar artichoke hearts in olive oil
- 1 bag arugula
- 1 tbs pine nuts



Craving a hearty salad today? We have a great option for you! Try this vegan salad bowl with Garden Gourmet Sensational Marinated Pieces.

PREPARATION

1. Prepare the veggies

Peel and cut the onion into wedges or rings. Sprinkle generously with lemon juice and add some sugar if you prefer some sweetness. Let them marinate for 15 minutes. Halve the artichoke hearts. Cut the zucchini and eggplant into slices and the bell pepper into strips.

2. Grill veggies and roast pine nuts

Drizzle the veggies with olive oil, grill them in a grill pan and sprinkle with salt, pepper and oregano. Roast the pine nuts in a dry frying pan until light brown.

3. Prepare the marinated pieces, assemble, and enjoy!

Bake the marinated pieces according to the instructions on the package. Divide the arugula into bowls and divide the grilled vegetables with the pickled onions, artichoke hearts and marinated pieces. Finally, add some balsamic vinegar to your salad and ready to be enjoyed!

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