

BBQ GRILLED MEDITERRANEAN SALAD WITH ASPARAGUS

INGREDIENTS

2 packs Garden Gourmet Sensational Filet Pieces Mediterranean Seasoning

500 g green asparagus

250 g cherry tomatoes

1 bag of arugula

Some black olives

1 tbsp capers

150 g vegan feta cheese (optional)

Some olive oil

Some vinegar

Some basil

Some salt and pepper

 2 SERVINGS

 20 MIN

 EASY

Our Mediterranean salad with Garden Gourmet Sensational Filet Pieces Mediterranean seasoning is perfect for BBQ on a lovely summer day. Tasty, healthy, and vegan!

PREPARATION

1. Prepare the veggies

Cut approx. 2 cm from the bottom of the asparagus and halve the tomatoes.

2. Fry the filet pieces and grill the asparagus

Fry the Garden Gourmet filet pieces Mediterranean seasoning in a pan on the BBQ. Grill the asparagus directly on the BBQ.

3. Assemble your perfect salad with toppings

Divide the arugula on a plate and spread the grilled asparagus, tomatoes, olives and capers on top, drizzle with olive oil, balsamic vinegar and sprinkle with salt and pepper.

4. Final touches and enjoy!

Spoon the Mediterranean pieces on top, garnish with basil and crumble the feta on top

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