



FILET PIECES SALAD WITH FRUIT AND CHICKPEAS

INGREDIENTS

- 2 packs of Garden Gourmet Filet Pieces
- 100 g cashew nuts (or half cashew and half pecans)
- 1 ready-to-eat mango
- 1 ready-to-eat avocado
- 150 g spinach leaves
- 300 g fresh pineapple
- 200 g chickpeas (in a can)
- 100 g pomegranate
- 30 ml lemon juice
- 3 tbsp plantbased oil
- 2 tbsp agave syrup
- Freshly ground pepper
- Optional: 1 tbsp hemp seeds



Enjoy this refreshing fruit salad with mango, pineapple, chickpea and vegan Garden Gourmet filet pieces. Ideal for sunny days.

PREPARATION

1. Roast cashew nuts and fry filet pieces

Roast the cashew nuts in a dry frying pan and keep separate. Heat the oil in the same frying pan and fry the Garden Gourmet filet pieces according to the instructions on the package.

2. Make the salad with fruits and avocado

Meanwhile, make the salad. Put the spinach leaves in a bowl. Clean the fruit and avocado, cut into cubes and mix through the salad (keep some pieces separate for the garnish).

3. Make the salad dressing

Beat a dressing of the lemon juice, agave syrup and season with salt and pepper. Sprinkle the dressing over the salad and spread over the plates.

4. Mix everything together, and enjoy your lovely salad!

Divide the nuts, chickpeas and filet pieces over it and garnish with pomegranate (hemp seed) and other pieces of fruit kept apart.

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