



SCHNITZEL WRAPS WITH COLESLAW AND SPICY MAYO

INGREDIENTS

2 packs Garden Gourmet Vegan Schnitzel

4 large tortillas

1/4 red cabbage (approx. 250 g)

1/4 white cabbage (approx. 250 g)

1 large carrot (approx. 150 g)

50 g green mixed lettuce

1 red apple

juice of 1 lemon + extra for the sauce

sunflower oil

3 tbsp vegan mayonnaise

2 tbsp vegan yogurt

1 tbsp ginger syrup

1/2 tsp dried chili flakes

small bunch of flat parsley

salt

pepper



4 SERVINGS



25 MIN



INTERMEDIATE

These wraps with Garden Gourmet Vegan Schnitzel, coleslaw and spicy mayo are the perfect plant-based dinner for any day of the week!

PREPARATION

1. Preheat oven and cut veggies

Preheat the oven to 200°C. Cut the cabbage, carrot and apple into very thin strips or slice them using a mandoline slicer.

2. Marinate the veggies and make the sauce

Season the vegetables separately with salt and pepper. Sprinkle generously with lemon juice and let them 'marinate' on the side for about 15 minutes. Make the sauce by mixing the mayonnaise, yogurt, ginger syrup and chili flakes and add some lemon juice to taste.

3. Bake the vegan schnitzels

Bake the Garden Gourmet vegan schnitzels according to the instructions on the package and heat the tortillas in the oven until warm.

4. Assemble your wraps and enjoy!

Spread some sauce on a tortilla and divide the lettuce, cabbage, carrot and apple on it. Cut the fried schnitzel into strips, divide it on top of the vegetables and scoop some more sauce on top. Finally, roll up the tortilla and enjoy.

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