

INGREDIENTS

 2 SERVINGS

 30 MIN

 INTERMEDIATE

1 pack Garden Gourmet Vegan Schnitzel

150 g noodles of your choice

100 g boiled edamame

1 mango

1 avocado

1 red bell pepper

1 red onion

1/2 cucumber

1 lime

sunflower oil

4 tbsp Tamari soy sauce, or another light soy sauce

2 tbsp sesame oil

1 cm fresh ginger

a few sprigs of coriander

salt

pepper

This Asian-style noodle salad with Tamari dressing, topped with a crunchy Garden Gourmet Vegan Schnitzel makes a delicious plant-based dinner for two!

PREPARATION

1. Prepare noodles and veggies

Cook the noodles according to the directions on the package and rinse with cold water. Cut the mango halves along the pit. Cut the halves lengthwise into parts and cut the flesh off the peel. Cut the wedges into slices and then into strips. Peel and halve the onion and then cut into thin wedges.

2. Prepare cucumber and avocado

Cut the cucumber with skin into slices and then into strips. Halve the avocado, remove the pit, scoop the inside, cut into pieces and sprinkle with lime juice.

3. Mix everything together

Mix the noodles, mango, bell pepper, onion, cucumber and avocado together. Mix the soy sauce, sesame oil, ginger, salt and pepper to make the dressing and fry the schnitzels according to the instructions on the packaging until crispy.

4. Sauce it up, garnish, and enjoy!

Season the salad with the dressing and serve the rest separately. Divide the salad on the plates, and cut the schnitzels into strips. Put the schnitzel on the salad and garnish with coriander.

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