



SENSATIONAL CRISPY MINI FILET SALAD

INGREDIENTS

1 pack Garden Gourmet Sensational Crispy Mini Filet

1 small avocado

8 cherry tomatoes

4-6 leaves Romaine lettuce

1/2 red onion

2 tbsp almonds (sliced)

1 tbsp black sesame

2 tbsp vegan tahini

2 tbsp olive oil

1 tsp rice vinegar

1 tbsp agave syrup

1 garlic clove

2 tbsp lemon juice

1/4 tsp salt and pepper



2 SERVINGS



25 MIN



EASY

If you're looking for a tasty and refreshing salad but with a crunch, our salad recipe made with Garden Gourmet Sensational Crispy Mini Filet is perfect for you and completely plant-based!

PREPARATION

1. Prepare the veggies

Wash and cut the lettuce into pieces. Put it as a base on a plate.

2. Prepare and cut the Sensational breaded chicken tenders

Prepare the Garden Gourmet Crispy Mini Filet in a pan with 2 tbsp olive oil until golden brown according to package instructions. Cut them into bite size portions.

3. Prepare the veggie toppings

Peel and slice the avocado. Sprinkle it with a little lemon juice so it doesn't go dark. Wash the cherry tomatoes and cut them in half. Peel the onion and cut it into julienne.

Tip: to soften the flavor of the onion, let it marinate in vinegar for 15 minutes.

4. Make the salad dressing, serve, and enjoy!

To make the rich salad dressing, you will need: 2 tbsp vegan tahini, 2 tbsp olive oil, 1 tsp rice vinegar, 1 tbsp agave syrup, 1 finely chopped garlic clove, 2 tbsp lemon juice, and 1/4 tsp salt and pepper.

Mix the ingredients in a bowl and beat with a fork until emulsified. Serve the salad with the sauce as a dressing.

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