# 99KCAL CAULIFLOWER SCHNITZEL WITH SWEET POTATO AND GREENS

**Garden Gourmet**

2 SERVINGS  45 MIN  EASY

## INGREDIENTS

1 pack Garden Gourmet 99kcal Cauliflower Schnitzel

300 g sweet potatoes

150 g green beans

150 g broccoli

50 g green Soya beans (edamame beans) or green peas

100 g green asparagus tips

1 tsp dried oregano

2 tsp olive oil

Some salt

A bit of pepper

Looking for a homey, light, and veggie-based lunch? Try our recipe made with Garden Gourmet 99kcal Cauliflower Schnitzel prepared to golden crispy perfection paired with roasted sweet potatoes and crunchy green veggies!

## PREPARATION

### 1. Prepare the veggies

Preheat the oven to 200⬛. Bring a pan with plenty of water and salt to the boil. Cut the broccoli into equal florets, clean the green beans and cut 1 cm off the bottom of the asparagus tips. Prepare the soybeans.

### 2. Boil and season the veggies

Cook the vegetables separately from each other for a few minutes until crispy. Toss them together and season with salt, pepper and some olive oil.

### 3. Roast the sweet potatoes

Peel the sweet potatoes thinly and cut them into equal pieces. Toss them with some oil, salt, pepper and oregano and place them in an oven dish. Roast the potatoes for about 20 minutes until brown and cooked through.

### 4. Prepare the 99kcal Cauliflower Schnitzel

Fry the Garden Gourmet 99kcal Cauliflower Schnitzels in a little oil in a frying pan according to the instructions on the package until golden brown and crispy.

### 5. Serve the meal hot and enjoy!

Serve the Cauliflower schnitzels with the mixed green vegetables and roasted sweet potato.

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