

INGREDIENTS

1 pack Garden Gourmet 99kcal
Cauliflower Schnitzel

1 bunch of carrots

1 bunch radishes

75g lettuce

1/4 cucumber

1 lemon

150g quinoa

2 tbsp hummus natural

3 tbsp vegan yoghurt

1 handful walnuts

1 sprig of mint

2 tbsp olive oil

Salt and pepper



2 SERVINGS



30 MIN



EASY

For an easy vegetarian nutritious lunch, we have the perfect recipe: A bowl full of vegetables and the Garden Gourmet 99kcal Cauliflower Schnitzel.

PREPARATION

1. Prepare the carrots

Heat the oven to 200 °C. Cut off the foliage about 1 cm above the roots. Wash them and halve the large carrots lengthwise so that the carrots are about the same thickness. Spread them on a baking tray and drizzle with olive oil and sprinkle with salt and pepper

2. Roast the carrots, cook the quinoa and slice the veggies

Roast the carrots for about 20 min until tender and lightly coloured. Meanwhile, cook the quinoa according to instructions on the packet. Slice the cucumber and radishes.

3. Prepare the yoghurt sauce

Finely chop the mint leaves and mix with the yoghurt. Add some salt and pepper to taste.

4. Start assembling the bowls and cook the Cauliflower Schnitzel

Spoon the quinoa into the 'bowls' and divide the vegetables, lettuce and hummus inside. Meanwhile, pan fry the Cauliflower Schnitzel according to instructions on the pack. Sprinkle with coarsely chopped walnuts and serve with the yoghurt sauce.

5.

Spoon the quinoa into the 'bowls' and divide the vegetables, lettuce and hummus inside. Meanwhile, pan fry the Cauliflower Schnitzel according to instructions on the pack. Sprinkle with coarsely chopped walnuts and serve with the yoghurt sauce.

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