

# FILET PIECES SALAD WITH FRUIT AND CHICKPEAS

## INGREDIENTS

 4 SERVINGS

 15 MIN

 EASY

2 packs of Garden Gourmet Filet Pieces

100 g cashew nuts (or half cashew and half pecans)

1 ready-to-eat mango

1 ready-to-eat avocado

150 g spinach leaves

300 g fresh pineapple

200 g chickpeas (in a can)

100 g pomegranate

30 ml lemon juice

3 tbsp plantbased oil

2 tbsp agave syrup

Freshly ground pepper

Optional: 1 tbsp hemp seeds

Enjoy this refreshing fruit salad with mango, pineapple, chickpea and vegan Garden Gourmet filet pieces. Ideal for sunny days.

## PREPARATION

### 1. Roast cashew nuts and fry filet pieces

Roast the cashew nuts in a dry frying pan and keep separate. Heat the oil in the same frying pan and fry the Garden Gourmet filet pieces according to the instructions on the package.

### 2. Make the salad with fruits and avocado

Meanwhile, make the salad. Put the spinach leaves in a bowl. Clean the fruit and avocado, cut into cubes and mix through the salad (keep some pieces separate for the garnish).

### 3. Make the salad dressing

Beat a dressing of the lemon juice, agave syrup and season with salt and pepper. Sprinkle the dressing over the salad and spread over the plates.

### 4. Mix everything together, and enjoy your lovely salad!

Divide the nuts, chickpeas and filet pieces over it and garnish with pomegranate (hemp seed) and other pieces of fruit kept apart.

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