

# FRIKADELLE SANDWICH WITH SAUERKRAUT SALAD

## INGREDIENTS

 2 SERVINGS

 15 MIN

 EASY

1 pack Garden Gourmet Frikadelle  
2 freshly baked airy and crispy bread rolls (ciabatta)  
150 g fresh (uncooked) sauerkraut  
2 tomatoes  
4 Romaine lettuce leaves  
1 small bunch of watercress  
1 tbsp vegan mayonnaise  
1 tbsp oil (for frying)  
Black pepper

Looking for a quick yet filling lunch? Our sandwich recipe got you covered, made with Garden Gourmet Frikadelle and sauerkraut - plant-based, juicy, and refreshing in every bite.

## PREPARATION

### 1. Toast the ciabatta and prepare the sauerkraut and tomatoes

Halve the ciabatta lengthwise and toast the surfaces briefly in a hot frying pan. Drain the sauerkraut and press out the moisture a bit. Cut the tomatoes into slices.

### 2. Prepare the Frikadelle till golden brown

Brown the Garden Gourmet Frikadellen according to the instructions on the package.

### 3. Assemble your Frikadelle sandwich and enjoy!

Spread the buns with mayonnaise and divide the lettuce leaves and generously with sauerkraut on top. Divide the tomato slices on top and place the Frikadelle on top, garnish with watercress and place the lids on the sandwiches.

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