

## INGREDIENTS

 4 SERVINGS

 20 MIN

 EASY

2 packs Garden Gourmet Schnitzel

500g rice (white, brown, mixed... whatever your fancy!)

150g grated carrots

150g grated beetroot

4 baby cucumbers, washed and sliced

100g radishes, washed and sliced

100g soybeans

1 avocados, peeled and thinly sliced

4 tbsp mixed seeds

1 tbsp sesame seeds and sprouts

## CULINARY TIP

### Make your own bowl!

Of course, you can mix this recipe up and use whichever veggies and other healthy ingredients you have to make it your very own Poké bowl!

Looking for a fresh and vegan lunch? What could be better than to create our own Poke Bowl? And to do so, nothing better than our Garden Gourmet Vegan Schnitzel!

## PREPARATION

### 1. Prepare the rice

Cook the rice according to the back of pack instructions. Allow to cool mixing every now and again to release some steam. You could even prepare this the day before!

Once cooled down, divide the rice over 4 bowls and pat down into a nice dome shape.

### 2. Cook the Garden Gourmet Vegan Schnitzel

Fry pan the Garden Gourmet Vegan Schnitzel according to the back of pack instructions.

### 3.

Arrange the ingredients in groups on top of the rice.

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GARDENGOURMET.COM**