

VEGETABLE TORTILLA WITH 99KCAL CAULIFLOWER SCHNITZEL

INGREDIENTS

1 pack Garden Gourmet 99kcal Cauliflower Schnitzel

150g mixed tomatoes

olive oil

2 carrot tortillas

2 to 3 tbsp (vegan) cream cheese

50g arugula

1 lemon

salt and pepper

 2 SERVINGS

 10 MIN

 EASY

With this vegetable tortilla with the garden Gourmet 99kcal Cauliflower Schnitzel, discover what will become your favorite vegetarian balanced lunch!

PREPARATION

1. Heat the tortilla

Slice the tomatoes. Heat the tortillas briefly in a hot frying pan.

2. Pan-fry the Garden Gourmet Cauliflower Schnitzel

Fry the cauliflower schnitzels according to instructions on the packet on both sides in olive oil until crispy brown.

3. Fill in the tortilla

Spread cream cheese on the tortillas and top with tomatoes and rocket. Sprinkle with some salt and pepper and drizzle with olive oil and lemon juice.

4. Plate up and enjoy

Slice the warm schnitzel and spread on the rocket. Fold the tortillas closed and serve.

**CHECK OUT MORE RECIPES AT
GARDENGOURMET.COM**