

INGREDIENTS

1 pack Garden Gourmet Vegan Frikadelle

1 large tomato

50g arugula lettuce

1 small red onion

1 lime

2 whole-wheat grains bread buns

2 tbsp garlic-yogurt vegan mayonnaise

 2 SERVINGS

 27 MIN

 EASY

Need a delicious recipe for a next lunch box? Garden Gourmet has got your back! With this recipe make everyone jealous! You will need a few ingredients and a Garden Gourmet Vegan Frikadelle.

PREPARATION

1. Prepare the onion

Peel and slice the onion into thin rings.

2. Marinate the onion

Drizzle generously with lime juice and let marinate for about 10 min.

3. Toast the bread

Halve the buns and toast the cut sides equally brown in a hot skillet.

4. Build your burger

Spread the bottoms with garlic-yogurt mayonnaise and spread some arugula on top. Top with a few tomato slices and the pickled red onion rings.

5. Cook the Frikadelle

Bake the Garden gourmet Vegan Frikadelle according to instructions on the package and place them on the buns.

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