

INGREDIENTS

 2 SERVINGS

 40 MIN

 EASY

1 pack Garden Gourmet Marine-Style Crispy Nuggets

300g-400g French fries or (ready-made pre-cut oven fries)

200g broccoli

100g green peas

200g zucchini

4 tbsp (vegetable) yoghurt

1 bunch of dill

1 lemon

2 tbsp olive oil

salt and pepper

Dive into a sea of flavor with our vegan Marine-style nuggets! This pairs perfectly with vegetable mash that is sure to take you on a culinary adventure that's as fun as it is delicious. Let's make some waves in the kitchen!

PREPARATION

1. Preheat the oven

Preheat the oven to 220°. Peel the potatoes with a peeler and cut them into equal chips. Cook them in boiling water until just tender. Scoop them out of the water onto a flat dish lined with kitchen paper and let them cool.

2. Bake the chips

Spread them on a baking tray lined with baking paper and gently mix in some olive oil and season with some salt and pepper. Bake the chips for about 20 min. In the oven or air fryer until brown. Toss them occasionally so they colour evenly.

3. Prep the vegetables

Cut the broccoli into small pieces and the zucchini into cubes. Cook them together with the peas in boiling water for about 6 to 8 min. Drain them, spoon in some olive oil, season with salt and pepper and 'mash' them a little with a masher. Mix the yoghurt with chopped dill and season with a little salt, pepper and lemon juice.

4. Prepare the nuggets

Prepare the nuggets according to instructions on the packet and serve with the fries and vegetables.

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