



QUICK VEGAN BURGER BOWL

INGREDIENTS

1 pack of Garden Gourmet Vegan Burgers

1/2 head of iceberg lettuce

2 tomatoes

1 1/2 red onion

2 large pickles

Small bunch of flat-leaf parsley

125 ml vegan yoghurt



2 SERVINGS



20 MIN



EASY

The Quick Vegan Burger Bowl is a plant-based delight that combines a tasty veggie burger patty with fresh greens, vibrant toppings, and tangy vegan mayo for a quick and nutritious alternative to traditional burgers. Delicious with a side dish of sweet potato fries.

PREPARATION

1. Pickle the onion

Peel and slice 1 red onion into thin rings, pour some pickle juice over it, and let it marinate for 10 minutes. Finely chop the half onion.

2. Prep the veggies

Slice 1 1/2 pickles into rounds and finely chop the other half. Finely chop the parsley and mix it together with the chopped onion and pickle in the yogurt. Season with salt and pepper. Slice the tomatoes.

3. Grill the burger & serve on a plate

Grill or cook the vegan burgers according to the instructions on the package. Divide the iceberg lettuce into bowls and top with the tomato, pickle, and burgers. Garnish with the pickled onion and the sauce.

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