



SENSATIONAL AUTUMN BURGER BULGUR SALAD

INGREDIENTS

1 pack of Garden Gourmet Sensational Burger

1/2 hokkaido pumpkin

1 lemon

1 piece of red cabbage

100 g fresh spinach

125 g mixed mushrooms

100 g bulgur

125 ml vegan yoghurt



2 SERVINGS



35 MIN



EASY

Indulge in the flavors of this vegan Autumn Burger Bulgur Salad with Spinach and Roasted Pumpkin. This delightful meal salad combines the savory Garden Gourmet Sensational Burger with the sweet and caramelized taste of roasted pumpkin. Topped with a creamy and tangy yogurt sauce, each bite is a burst of taste that will leave you craving more.

PREPARATION

1. Roast the pumpkin

Preheat the oven to 200 °C. Halve the pumpkin, remove the seeds, and cut it into equal, not too thick wedges. Roast the pumpkin wedges with some oil, salt, and pepper on a baking sheet for about 20 minutes until tender.

2. Cook the bulgur and prep the salad

Cook the bulgur in boiling water for about 10 minutes until tender. Drain and let it cool. Meanwhile, thinly slice or grate the red cabbage. Mix the yogurt with lemon juice and season with salt and pepper.

3. Grill the burger

Cook or grill the Sensational burgers according to the instructions on the package. Add the mushrooms and cook for a few minutes, then season with salt and pepper.

4. Serve and enjoy!

Divide the bulgur, spinach, red cabbage, and mushrooms on plates and drizzle with lemon juice. Arrange the roasted pumpkin wedges and Sensational burgers on top and serve with

CHECK OUT MORE RECIPES AT [GARDENGOURMET.COM](https://www.gardengourmet.com)