

INGREDIENTS

🌱 2 SERVINGS

🕒 50 MIN

1 pack Garden Gourmet Vegan Schnitzel

1 sweet potato

30g vegan garlic mayonnaise

1/2 avocado

150g canned chickpeas

150g kale

2tbsp olive oil

spices

Vegan Schnitzel with Autumn Salad is a delightful and flavorful recipe that combines crispy and savory vegan schnitzel with a refreshing and vibrant autumn salad. . The vegan schnitzel provides a good source of plant-based protein, while the autumn salad offers a variety of vitamins, minerals, and fiber from the fresh fruits and vegetables.

PREPARATION**1. Prepare the chickpeas**

Preheat the oven to 200°C. In a bowl, add the drained chickpeas, a tablespoon of olive oil, and spices to taste. Mix well and place them on a baking tray. Bake for 10 minutes.

2. Roast in the oven

Meanwhile, chop the sweet potato into cubes. Remove the tray from the oven after 10 minutes and add the sweet potatoes to the baking tray with the remaining tablespoon of olive oil. Bake for an additional 10 minutes.

3. Prepare the kale

While the sweet potatoes are baking, chop the kale into pieces, discarding the stems. Remove the tray from the oven again after 10 minutes, flip the sweet potato cubes, and add the kale. Return to the oven for another 15 minutes.

4. Cook the vegan schnitzel

Reduce the oven temperature to 180°C. Place the Schnitzel on the tray and bake for an extra 10 minutes.

5. Add avocados and enjoy!

Serve a base of kale and sweet potato with the spiced chickpeas. Add avocado slices and place the Schnitzel cut into strips on top.

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