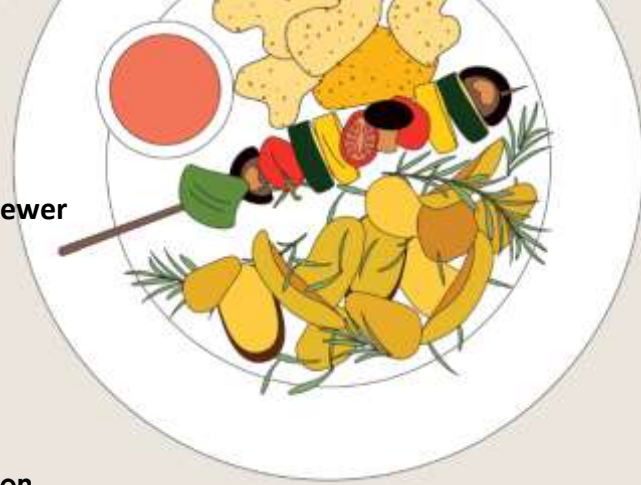


Veggie Nuggets with Rosemary Potatoes & Vegetable Skewer

Serves 4

Approximate preparation time: 30-35 minutes



Quantity	Ingredients	Preparation
Vegetable skewer		
2 g	pepper	Cut the button mushrooms, tomato, courgette and red pepper into large chunks and marinate with olive oil, salt and pepper. Place the vegetables alternately on a wooden skewer. Grill the vegetable skewers, turning repeatedly.
160 g	fresh button mushrooms	
160 g	organic courgettes	
1	tomato (large)	
4 g	salt	
2 tbsp	olive oil	
1	red pepper	
Rosemary potatoes		
30 g	rosemary	Wash and pluck the rosemary. Wash the potatoes, cut into slices or cubes and marinate with the olive oil, salt, rosemary and spices. Place on a tray lined with baking paper and bake in a preheated oven at 180 °C for about 20 minutes.
540 g	potatoes	
1 tsp	salt	
3 tbsp	olive oil	
2 g	pepper	
Veggie nuggets		
500 g	veggie nuggets	Place on a try lined with baking paper and bake in a preheated oven at 180 °C for about 10 minutes.

Fun fact:

The plant-based nuggets cause about half as much environmental pollution as the conventional chicken versions.