

# Captains Burger! mit veganen Knusperstäbchen und Tzaziki, dazu Rüeblisticks

Vegan Family Viel Gemüse 30 – 40 Minuten • 969 kcal • Tag 5 kochen

33



Brioche Buns natur



vegane Mayonnaise



Veganes cremiges Sojaprodukt



Knoblauchzehe



Gurke



Rüebli



vegane Knusperstäbchen nach Fisch Art



Gewürzmischung "Hello Paprika"



- Ohne künstliche Farbstoffe
- Ohne künstliche Aromen
- Ohne hinzugefügte Glutamate

# Los geht's

Wasche Gemüse und Kräuter ab.

## Basiszutaten aus Deiner Küche\*

Öl\*, Weissweinessig\*, Zucker\*, Salz\*, Pfeffer\*

## Kochutensilien

1 Backblech mit Backpapier, 1 grosse Bratpfanne und 2 grosse Schüsseln

## Zutaten 2 | 4 Personen

	2P	4P
Brioche Buns natur <b>15)</b>	1 x 160 g	1 x 320 g
vegane Mayonnaise	1 x 25 g	2 x 25 g
Veganes cremiges Sojaprodukt <b>11)</b>	1 x 100 g	2 x 100 g
Knoblauchzehe	1 x 4 g	2 x 4 g
Gurke	1 x 150 g	2 x 150 g
Rüebli	4 x 100 g	8 x 100 g
vegane Knusperstäbchen nach Fisch Art <b>15)</b>	8 x 30 g	16 x 30 g
Gewürzmischung "Hello Paprika"	1 x 4 g	2 x 4 g

\*\*Beachte die benötigte Menge. Die gelieferte Menge in Deiner Box weicht hiervon ab und es bleibt etwas übrig

## Durchschnittliche Nährwerte pro

(Berechnet auf Grundlage der angegebenen Ausgangszutaten.)

	100 g	Portion (ca. 570 g)
Brennwert	709 kJ/ 170 kcal	4053 kJ/ 969 kcal
Fett	9.39 g	53.67 g
- davon ges. Fettsäuren	0.87 g	4.96 g
Kohlenhydrate	16.37 g	93.56 g
- davon Zucker	4.82 g	27.54 g
Eiweiss	4.30 g	24.56 g
Salz	0.451 g	2.577 g

Bitte beachte, dass die Nährwertangaben auf der Rezeptkarte aufgrund natürlicher Schwankungen und kurzfristiger Produktänderungen abweichen können. Massgeblich sind allein die Nährwertinformationen auf den Produktverpackungen.

**Allergene: 11) Soja 15) Weizen**

(Bitte beachte weitere Informationen zu Allergenen und möglichen Spuren von Allergenen auf der Zutatenverpackung!)



## Rüeblipommes

Heize den Backofen auf 220 °C Ober-/Unterhitze (200 °C Umluft) vor.

Enden der **Rüebli** abschneiden und nach Belieben schälen.

**Rüebli** quer halbieren und in 1 cm breite Stifte schneiden.

**Rüeblistifte** auf ein mit Backpapier belegtes Backblech legen und mit 1 EL [2 EL] **Öl\***, 1 TL [2 TL] **Zucker\***, **Salz\*** und **Pfeffer\*** gut vermengen.

**Rüeblistifte** für 20 – 25 Min. backen.



## Brioche Buns toasten

**Brioche Buns** waagrecht aufschneiden.

In einer grossen Bratpfanne

1 EL [2 EL] **pflanzliche Margarine\*** erhitzen.

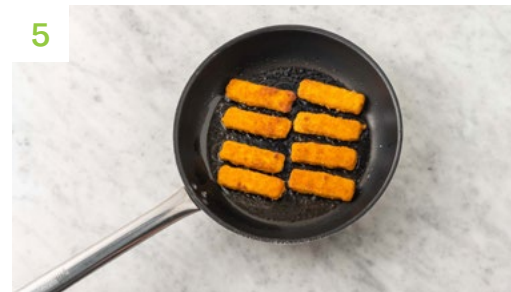
**Brioche Buns** darin für 1 – 2 Min. goldbraun toasten.



## Gemüse vorbereiten

**Knoblauch** abziehen und 5 Min. mit in den Ofen geben.

**Gurke** längs halbieren und mit einem Löffel entkernen.



## Fischstäbchen braten

In derselben Bratpfanne erneut 1 EL [2 EL] **Öl\*** erhitzen.

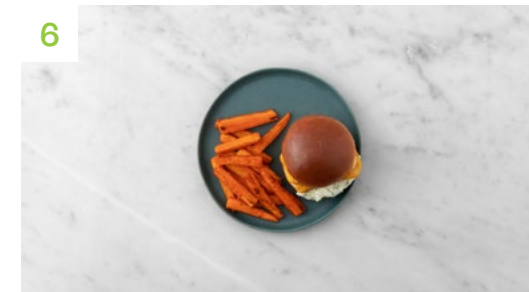
**Vegane Fischstäbchen** darin 2 – 3 Min. pro Seite goldbraun braten.



## Für das Tzaziki

**Gurke** in eine grosse Schüssel grob reiben.

**Knoblauch** dazupressen und zusammen mit **veganer Mayo**, **veganem cremigen Sojaprodukt**, 1 TL [2 TL] **Essig\***, **Salz\*** und **Pfeffer\*** zu einem **Tzaziki** verrühren.



## Anrichten

Etwas **Tzaziki** auf jeder Bunhälfte verteilen und mit den **veganen Fischstäbchen** belegen.

**Rüeblisticks** daneben anrichten und mit dem restlichen **Tzaziki** servieren.

## En Guete!

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# Captain's burger with vegan fishless fingers and tzatziki, served with carrot sticks

Vegan Family Lots of vegetables 30-40 minutes • 969 kcal • Cook on day 5

33



Brioche buns



Vegan mayonnaise



Vegan creamy soy product



Garlic clove



Cucumber



Carrots



Vegan fishless fingers



"Hello Paprika" spice mix

# Let's get started

Wash the vegetables and herbs.

## Basics from your kitchen\*

Oil\*, white wine vinegar\*, sugar\*, salt\*, pepper\*

## Cooking utensils

1 baking tray with baking paper, 1 large frying pan and 2 large bowls

## Ingredients for 2 | 4 persons

	2P		4P	
Brioche buns <b>15)</b>	1 x	160 g	1 x	320 g
Vegan mayonnaise	1 x	25 g	2 x	25 g
Vegan creamy soy product <b>11)</b>	1 x	100 g	2 x	100 g
Garlic clove	1 x	4 g	2 x	4 g
Cucumber	1 x	150 g	2 x	150 g
Carrots	4 x	100 g	8 x	100 g
Vegan fishless fingers <b>15)</b>	8 x	30 g	16 x	30 g
"Hello Paprika" spice mix	1 x	4 g	2 x	4 g

\*\*Note the quantity required. The quantity delivered in your box differs from this quantity and some will be left over.

## Average nutritional values per

(calculated based on the specified starting ingredients)

	100 g	Portion (approx. 570 g)
Calories	709 kJ/ 170 kcal	4053 kJ/ 969 kcal
Fat	9.39 g	53.67 g
- incl. saturated fats	0.87 g	4.96 g
Carbohydrate	16.37 g	93.56 g
- incl. sugar	4.82 g	27.54 g
Protein	4.30 g	24.56 g
Salt	0.451 g	2.577 g

Please note that the nutritional information on the printed recipe may vary due to natural fluctuations and changes to products at short notice. Only the nutritional information on the product packaging is definitive.

**Allergens: 11)** Soya **15)** Wheat

(Please see the additional information on allergens and possible traces of allergens on the packaging of the ingredients!)



## Carrot fries

Preheat the oven to 220 °C top/bottom heat (200 °C fan oven).

Cut the ends off the carrots and peel them if you want.

Halve the carrots crosswise and cut them into sticks 1 cm thick.

Place the carrot sticks on a baking tray lined with baking paper and mix well with 1 tbsp. [2 tbsp.] oil\*, 1 tsp. [2 tsp.] sugar\*, salt\* and pepper\*.

Roast the carrot sticks for 20-25 min.



## Prepare the vegetables

Peel the garlic and bake it with the rest for 5 min.

Halve the cucumber lengthways and spoon out the seeds.



## For the tzatziki

Coarsely grate the cucumber into a large bowl.

Press in the garlic and mix it with the vegan mayo, vegan creamy soy product, 1 tsp. [2 tsp.] vinegar\*, salt\* and pepper\* to make a tzatziki.

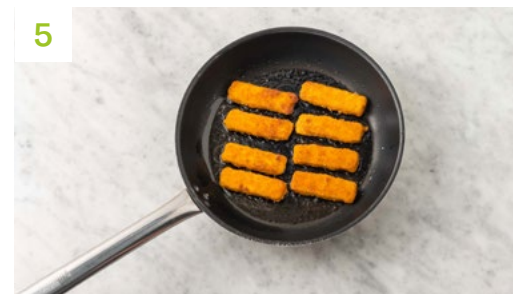


## Toast the brioche buns

Slice the brioche buns in half horizontally.

Heat 1 tbsp. [2 tbsp.] oil in a large frying pan.

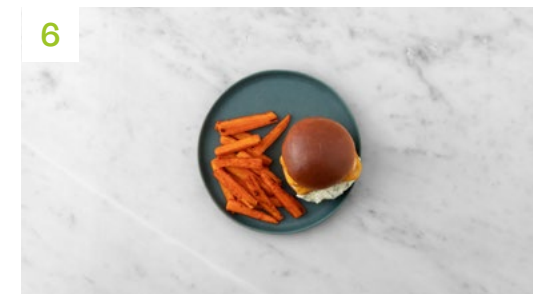
Toast the brioche buns for 1-2 min. until golden brown.



## Fry the fish fingers

Heat 1 tbsp. [2 tbsp.] oil\* in the same frying pan.

Fry the vegan fishless fingers for 2-3 min. on each side until golden brown.



## Serve

Spread some tzatziki on each half of the bun and put the vegan fishless fingers in between.

Arrange the carrot sticks next to it and serve with the remaining tzatziki.

## Bon appetit!

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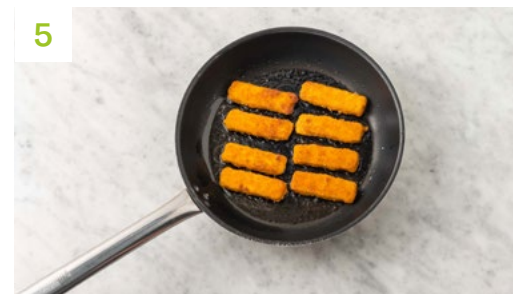


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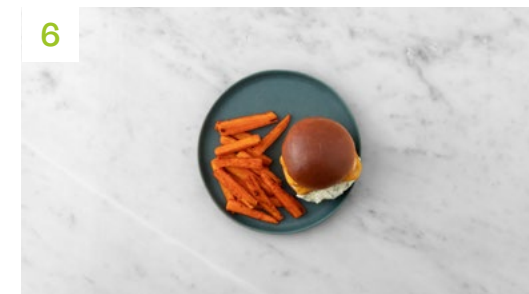
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