

Breaded Tofu Schnitzel, Sweet Potato Chips and Salad

Serves 4

Approximate preparation time: 45-50 minutes



VEGETARISCH



Quantity	Ingredients	Preparation
Breaded tofu schnitzel		
520 g	tofu	Cut the tofu into approx. 1 cm thick slices and marinate as desired. Prepare breading ingredients: place flour, whisked eggs and bread crumbs in separate plates (e.g. soup dishes). Season the flour with salt and pepper and mix well. Place the schnitzels individually first in the flour, turning until all sides are covered with flour. Then, turn them in the whisked eggs until no more flour can be seen. In the last plate, press and turn each schnitzel in the bread crumbs until completely covered. Fry the breaded schnitzel in hot sunflower oil until golden brown on both sides.
2 pinches	pepper	
1 tsp	wheat flour	
1 tsp	sunflower oil	
1 tbsp	bread crumbs	
2 pinches	salt	
2	eggs	
Sweet potato chips		
3 pinches	salt	Wash the sweet potatoes and cut into long sticks. Dab dry with a cloth. Fry in a deep fryer at 160 °C or in a pan until crispy (with an Airfryer, oil consumption can be reduced significantly). Season with salt and mix. Spices and herbs can be added to taste.
130 g	batata sweet potatoes	
3 pinches	pepper	
2 tbsp	rapeseed oil	
Mixed leaf salad		
20 g	parsley	Wash and dry the chicory, lollo rosso and endive salad. Finely chop the parsley, onions and garlic and mix with yoghurt, vinegar and water. Season the dressing to taste (use salt sparingly) and add to the salad.
2 tbsp	water	
1	onion	
1/2	clove of garlic	
1 tsp	vegetable stock	
160 g	chicory	
80 g	iceberg lettuce	
160 g	lollo rosso	
2 tbsp	herb vinegar	
60 g	endive	
40 g	yogurt 3.5% fat	

Fun fact:

Soya for food such as tofu is produced in Europe and therefore does not endanger the rainforest.