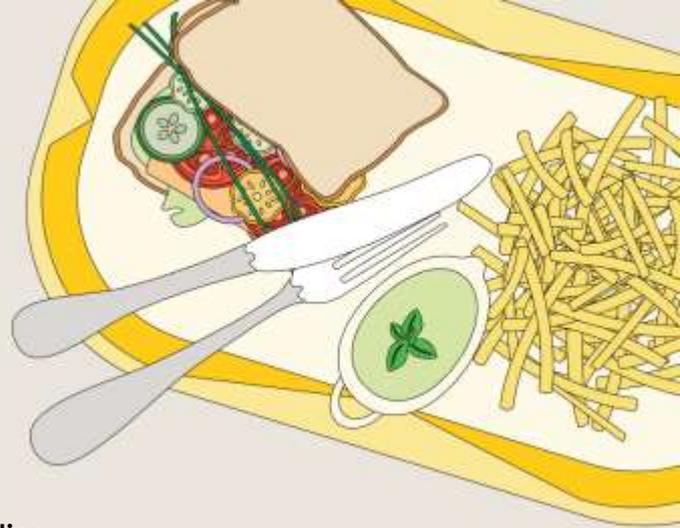


Vegetarian Gyros with fries

Serves 4

Approximate preparation time: 15-20 minutes



	Quantity	Ingredients	Preparation
Fries			
	4 tbsp	sunflower oil	Fry in a deep fryer at 160 °C or in a pan until crispy (with an Airfryer the oil consumption can be reduced significantly). Season with salt and mix. Spices and herbs can be added to taste.
	500 g	fries	
	1 tsp	salt	
Herb dip sauce			
	5 g	chives	Finely chop the parsley and chives. Mix the yoghurt and low-fat quark, season with herbs, salt and pepper.
	50 g	yoghurt	
	100 g	low-fat quark	
	5 g	parsley	
	3 pinches	pepper	
	2 g	salt	
Vegan gyros			
	380 g	white toasting bread	Cut the tofu into sticks and marinate with spices. Sear in a pan and keep warm. Slice the onions, cucumbers, tomatoes, courgettes and aubergines. Sauté the aubergines and courgettes in a pan and season to taste (use salt sparingly). Toast the bread and fill two slices with the tofu and vegetables.
	1	tomatoes	
	230 g	tofu	
	90 g	cucumber	
	1	onion (small)	
	1/3	organic courgettes	
	1/4	aubergine	

Fun fact:

Foregoing animal products can halve your dietary CO₂-footprint.