



Organic
Plant
Protein

Meat replacement:
PlantMate
CHUNKS



SHAWARMA - plantbased

Ingredients for 4 servings

80 g **PlantMate Chunks**
35 g Beet root juice
8 Shawarma wraps
300 g Green salad
4 Tomatoes
½ Cucumber
1 red onion
½ dL apple cider vinegar
40 g Sugar
2 tsp BBQ spice-mix
½ tsp garlic powder
1 tsp thyme
1 dL Vegan mayo

Procedure

- Soak the chunks in 1L of cold water, add 10 g salt and beet root juice for 60 minutes
- Mix and apple cider vinegar, sugar and 0,5 dL water and cook for 1 minute
- Chop the red onion into thin slices and add them to the sugar-vinegar brine
- Mix mayo, garlic and thyme for a dressing
- Chop greens into appropriate sizes
- Chop the chunks and fry in oil with spice-mix until they get a nice crust
- Heat the wraps
- Wrap chunks, greens and dressing and enjoy

Barbeque Spice ex: 1½ tsp smoked parika, ½ tsp. cayenne, ½ tsp salt, 1 tsp garlic powder and a little black pepper

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