



Roasted Rosa CHICK'N SCHNITZEL

cooking time: 25min

Naturally CHOLESTEROL FREE

serves
2-4



Ingredients

- 1 box Fry's Meat Free Schnitzels
- 1 punnet Baby mushrooms
- Handful of fresh Thyme
- Smoked paprika
- Fresh lemon juice
- Large Rosa tomatoes
- Fresh garlic – sliced

Method

Wipe clean and lightly fry the mushrooms in olive oil until tender. Add a generous squeeze of lemon juice and a bit of the rind. Toss in thyme, salt and pepper.

Cut large Rosa tomatoes in half and place tightly in a baking dish, drizzle with olive oil and a dash of balsamic vinegar. Top with slices of fresh garlic, a sprinkle of smoked paprika and course salt. Roast in a hot oven till just starting to collapse.

Bake 4 Schnitzels (1 box) for 10 minutes at 190°C.

Combine elements beautifully on a plate.

Don't forget to stop and smell the roses

