

'KAPSALON' (HAIR SALON) WITH VEGETARIAN SHAWARMA AND SALAD



2 persons / 553 kcal per person

Ingredients:

- 1½ tablespoon olive oil
- 400 grams of potato slices
- 175 grams of vegan shawarma
- 50 grams of grated cheese for pizza
- ½ cucumber
- 125 grams of cherry tomatoes
- 50 grams finely chopped iceberg lettuce
- 2 tablespoons garlic sauce
- salt and pepper

Preparation:

Preheat the oven to 200 °C. Heat $\frac{1}{3}$ of the oil in a large frying pan and fry the potato slices for 9 minutes over medium heat and then another 5 minutes over high heat. Season with salt and pepper. Meanwhile, heat $\frac{2}{3}$ of the oil in a large non-stick frying pan and fry the vegan shawarma for 5 minutes until golden brown. Spoon the potato slices into the oven dish and spoon the shawarma on top. Divide the cheese over it and put in the oven for about 10 minutes.

Meanwhile, cut the cucumber into cubes and the cherry tomatoes into quarters. Remove the dish from the oven and divide the lettuce, cucumber and tomatoes over it. Drizzle with the garlic sauce.

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Nutritional value per person:

Energy:	553 kcal
Protein:	27.7 grams
Carbohydrates:	49.3 grams
- including sugars:	9.0 grams
Fat:	24.8 grams
Fiber:	10.0 grams
Salt:	3.0 grams