vegan grilled avocado skewers

25 Min. | vegan | vegetarian

Zutaten 4 Personen

250 ml	vegetable broth
some	salt
250 g	couscous
2	red onion(s)
100 g	lollo bionda
2 package(s)	Petrella Vegan Chives (125 g)
3 tbsp	olive oil
2 tsp	lemon juice
120 ml	water
2 tsp	agave syrup
some	pepper
2	large, firmer avocado(s)
400 g	smoked tofu
8	wooden skewers
50 g	pomegranate seeds

Petrella Produkte

petrella vegan chives

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So wird's gemacht

1. Bring vegetable broth and salt to a boil in a pot, stir in the couscous. Remove the pot from the heat, let it sit for 5 minutes, then fluff with a fork.
2. Peel the onion(s), halve them, and cut into thin strips. Clean, wash, dry, and slice the Lollo Bionda.
3. Petrella Vegan mix chives with olive oil, lemon juice, agave syrup, and water. Then mix with couscous and the salad and onion strips, and season with salt and pepper.
4. Halve the avocado(s), remove the pit, and peel. Cut into wide strips. Cut the tofu into pieces and then alternate them on skewers. Brush with olive oil and season with salt and pepper.
5. Grill on the hot grill for about 5 minutes, turning occasionally.
6. Arrange the couscous salad on a plate, sprinkle with pomegranate seeds, and serve with the skewers.