



Vegan Pumpkin Sandwich

Ingredients

- 2pc Cereal Bread
- 200g Pumpkin
- 60g Bulgarian pepper
- 30g Olive oil
- 4g Salt
- 2g Pepper
- 2g Thyme
- 70ml Almond milk
- 60g Avocado
- 10g Cucumber
- 2g Pea sprouts
- 40g Tofu Cheese
- 30g Dijon mustard
- 10g Orange jam

Cooking cycle - 3 phase, flex model

	Top temp	Bottom t.	Tot time	Microwave	Bef/after	Flex	Food temp
SpeedDelight	249°C	220°C	0.45 min	Off	-	On	+3°C



Chef Tips

Sprinkle pumpkin and Bulgarian pepper with thyme, salt and black pepper, bake in SkyLine, after adding almond milk and blend to puree.

Grill avocado slices.

Mix Dijon mustard with orange jam and spread over the bread.

Sandwich assembly: bread, pea Sprouts, cucumber slices, tofu, grilled avocado, pumpkin puree, bread. Grill with SpeedDelight.

Russian specialty