



Recipe suggestion



# Nuremberg Rostbratwurst with baby plum tomato and mango salad Serves 4

## Ingredients

250 g baby plum tomatoes  
100 g rocket  
1 ripe mango  
1 tsp lime juice

1 to 2 tbsp mild olive oil  
Mild chilli salt  
1 tbsp Schuhbecks Powermix  
(alternatively 1 tsp each of linseed,

sunflower seeds and chopped walnuts)  
20 low-fat Nuremberg Rostbratwurst  
sausages  
½ tsp oil

## Directions

Wash and halve the tomatoes. Sort, wash and dry the rocket. Pluck the leaves from the stalks and slice the leftover stalks finely. Peel the mango, separate the pulp from the stone and dice the pulp into 1.5 cm cubes. Chop the feta into 1.5 cm cubes, too.

Toss the tomatoes, rocket and mango into a bowl. Mix in the lime juice and olive oil and season with chilli salt. Place a pan on a medium heat and brush with oil. Gently fry the sausages until they turn golden brown.

Dish the salad out onto attractive plates and serve with the Rostbratwurst sausages on top. If you prefer, you can always serve the salad in a piadina (thin Italian flatbread).

Enjoy your meal!



# Recommendation



## Nuremberg Rostbratwürste

I like it!

### The art of barbecuing

**Want to barbecue your HoWe original Nürnberger Rostbratwürste sausages?** Here's how: kindle a decent-sized flame and let it burn down to embers before barbecuing anything on the grill. If you start barbecuing the sausages too soon, there's a risk that they might burn or that the dripping fat could cause the heat to distribute unevenly. Ideally, place a fine-mesh wire grill over the normal grill to ensure that the HoWe original Nürnberger Rostbratwürste cannot fall into the embers. Using tongs, turn the sausages several times until they are crispy brown on the outside and cooked through but still tender. Tip: Fry the sausages for longer on a lower heat and turn them several times to experience the full HoWe original Nürnberger Rostbratwürste taste.

### The art of frying

**Want to fry your HoWe original Nürnberger Rostbratwürste sausages?** Here's how: heat 2 tbsp high-quality oil in a medium-sized pan on a medium-to-high heat to ensure that the sausages don't stick. To test whether the oil is hot enough, add a drop of water: if it hisses, it's the perfect temperature. Before you put your HoWe original Nürnberger Rostbratwürste into the pan, turn down the heat. The above tip applies here too: it's best to fry the sausages for longer on a medium heat and turn them several times until they are crispy brown on the outside and cooked through but still tender on the inside. This ensures that the precious ingredients retain their full flavour. Now combine your barbecued or fried HoWe original Nürnberger Rostbratwürste with your favourite side dishes; the possibilities depend entirely on your personal taste. Bon appétit!