



# Nuremberg Rostbratwurst on pak choi coleslaw with mint

Serves 4

## Salad

¼ small young white cabbage (approx. 250 g)  
Mild chilli salt  
Sugar  
1/2 apple  
250 g pak choi

1 red pointed pepper  
2 tbsp white wine vinegar  
2 tbsp mild salad oil  
1 tbsp lightly roasted sesame seeds  
1 tbsp each of mint leaves  
and fresh coriander (chopped)

## Lime yoghurt

100 g Greek yoghurt  
1 tbsp milk  
Grated zest of half a lime  
A few drops of lime juice  
Mild chilli salt  
1 pinch of sugar

## Directions

Clean and wash the cabbage. Shred or cut the cabbage into fine strips, leaving out the hard stem. Sprinkle around 1 teaspoon of chilli salt and sugar over the cabbage, mix and leave to stand for 10 to 15 minutes.

Peel and core the apple, then thinly slice into strips of around 4 cm in length. Rinse and clean the pak choi, then shake it dry. Cut into fine strips and stir in with the cabbage. Wash the pepper, remove the stem and seeds, then shred or slice it into thin strips and fold into the coleslaw. Mix in the vinegar and the oil. Add the sesame and the finely sliced apple,

then fold in the mint and the coriander. Season the salad with chilli salt to taste. Leave the salad to stand for another 10 minutes and add some extra seasoning if needed.

Stir the yoghurt and the milk until smooth, then add the lime zest and stir in with a dash of lime juice. Season with chilli salt and a pinch of sugar.

20 low-fat Nuremberg Rostbratwurst sausages

½ tsp oil

Place a pan on the hob on a medium heat and lightly coat with oil using a brush. Gently fry the sausages until they turn golden brown. Dish the salad out onto the plates, serve the sausages on top and drizzle with the dip.

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!