



FALAFEL POKÉ BOWL FULL OF TASTE

INGREDIENTS

- 1 pack Garden Gourmet Falafel
- 140 g beets
- 1 avocado
- 1 tsp black sesame seeds
- 200g edamame beans
- 4 handfuls lamb's lettuce
- 10 g vegan cheese
- 4 tbsp vegan yogurt
- a few radishes
- 2 tbsp pistachios
- 1 cup cumin
- ½ tsp garlic powder
- 1 tsp lemon zest
- 1 case lemon juice
- pepper and salt
- 1 lime (juice and zest)
- A few sprigs coriander
- 2 tbsp of almonds



A recipe full of taste, vegetables and colors! Perfect for a delicious lunch, made with our vegan Garden Gourmet falafels.

PREPARATION

1. Make the beet hummus

Put all the beet hummus ingredients in a blender (beet, vegan yogurt, lemon juice) and mix until you get a smooth consistency.

2. Prepare the falafels

Fry the Garden Gourmet falafels 6-8 min in a pan.

4. Plate, garnish, and enjoy!

Divide the lamb's lettuce, hummus, radishes, pistachios, almonds, soybeans and avocado on the plates. Finish with falafel, black sesame seeds and yogurt sauce.

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