



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



2 SERVINGS



15 MIN



EASY

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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