



QUINOA SALAD WITH FALAFEL SPINACH

INGREDIENTS

1 pack Garden Gourmet Falafel Spinach

200 g quinoa

100 g fresh baby spinach

1 spring onion

100 g pomegranate seeds

some pomegranate molasses

4 tbsp extra virgin olive oil

1 tbsp harissa

some lemon juice

some fresh mint

salt and pepper



4 SERVINGS



20 MIN



EASY

This salad is perfect for a light dinner, a tasty lunch or to share with friends anytime! Spice up your usual salad with this vegan recipe!

PREPARATION

1. Cook the quinoa

Using your fingertips, mix a few tablespoons of olive oil into the uncooked quinoa. Pour boiling water according to the recipe on the package and let it soak.

2. Make quinoa salad base

Cut the spring onion into thin rings and a few sprigs of mint (leaves). Loosen the quinoa with a fork and season with lemon zest, juice, salt and pepper and toss in the spring onion, mint, spinach and pomegranate seeds.

3. Make salad dressing

Mix the harissa with the pomegranate molasses and lemon juice and olive oil into a dressing

4. Put everything together and enjoy!

Bake the spinach falafel balls brown all around according to the instructions on the package. Spoon the salad onto a bowl. Spread the falafel on top and drizzle with the dressing. Garnish extra with thinly sliced spring onion and mint.

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