

INGREDIENTS

 4 SERVINGS

 20 MIN

 EASY

1 pack Garden Gourmet Falafel
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

This falafel 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 pick out 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 falafel balls brown all around according to the instructions on the packaging. 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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