



SALAD JAR WITH FALAFEL

INGREDIENTS

1 pack Garden Gourmet Falafel
200 g quinoa
60 g baby spinach
80 g cherry tomatoes
80 g grated carrots
60 g cooked edamames
10 g pumpkin seeds
30 g raspberries
5 tbsp extra virgin olive oil
3 tbsp apple cider vinegar
Salt and pepper



Salads are perfect for spring/summer, we know. But what about a twist by adding falafel and presenting it in a beautiful jar? 100% vegan! Try it out!

PREPARATION

1. Prepare the falafels and quinoa

Prepare the Garden Gourmet falafels according to the instructions on the packaging. Cook the quinoa according to the instructions on the package (or buy prepared).

2. Halve cherry tomatoes

Cut the cherry tomatoes in half.

3. Make raspberry vinaigrette

Mash the raspberries with a fork and add the olive oil and vinegar. Season and mix.

4. Jar it up and make it pretty!

Pour the vinaigrette into the bottom of the jar.

Then the quinoa, edamame, carrot, falafels and cherry tomatoes.

Finish off the spinach leaves and pumpkin seeds.

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