



# 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



2 SERVINGS



20 MIN



EASY

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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