



ARABIC SALAD WITH FALAFEL

INGREDIENTS

2 packs Garden Gourmet Falafel (spinach or normal)

1 small cauliflower

50 g arugula

4 tbsp chickpeas

3 tbsp pomegrate seeds

4 dates

2 tbsp walnuts

200 ml yogurt (vegan)

2 tbsp tahini

1 tbsp lemon juice

1 bunch of mint

2 tbsp turmeric



4 SERVINGS



30 MIN



EASY

If you fancy a healthy salad but are bored of the usual recipes, try this vegan and Arabic-inspired alternative made with Garden Gourmet falafels.

PREPARATION

1. Preheat oven and mix cauliflower in spices

Preheat the oven to 200°C. Cut the cauliflower into small equal florets. Mix them in a bowl with some oil, turmeric, salt and pepper.

2. Roast cauliflowers and prepare veggies

Place them on a baking tray and roast them in the oven for about 15 minutes until they are crispy and colored. Cut the dates into pieces, roughly chop the walnuts and drain the chickpeas.

3. Make dressing

For the dressing, mix the tahini with the yogurt and season with lemon

4. Bake Garden Gourmet falafel

Bake the Garden Gourmet Falafel according to the instructions on the package.

5. Mix the ingredients, plate, and serve!

Mix the cauliflower with the arugula, chickpeas, dates and walnuts and divide on plates or on a platter. Arrange the baked falafels on top and garnish with pomegranate seeds, tahini dressing and mint.

6. NO WASTE TIP

Use the leftover cauliflower leaves in a stir-fry dish. - You can also store the salad well if you keep the arugula separately and add it just before use.

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