INGREDIENTS

🍴 **2 SERVINGS**   🕐 **50 MIN**   **CHALLENGING**

1 pack Garden Gourmet Sensational Burger

2 sweet potatoes

1 handful rocket salad

100 g young spinach

olive oil for frying

200 g (frozen) broad beans (or frozen green peas)

¼ small red cabbage

100g quinoa

1 jar of chickpeas (200 g drained weight)

1 tbsp "raz el hanout" (or any mix of spices like cumin, turmeric, ginger...)

100 g of tomatoes

black sesame seeds

2 tbsp pomegranate grains

1 lemon

pepper

Salt

2 tbsp hummus

Do you feel like a burger, but you are on a low-carb diet? Then try our delicious burger bowl with the Sensational Burger, all vegan goodness!

PREPARATION

1. Roast the veggies

Preheat the oven to 200 ⬛C. Place the sweet potatoes peeled and cut in wedges on a baking tray, drizzle with olive oil and season with salt, pepper and finely cracked fennel seeds. Roast for approx. 15 minutes.

2. Prepare the beans and red cabbage

Blanch the broad beans for 1 minute. Rinse them under cold water and pod them again (put your nail in the broad bean and squeeze out the nice green bean). Shred the red cabbage into thin strips and season with salt, pepper and lemon juice.

3. Cook the quinoa

Rinse the quinoa and boil it in 200 ml of water until the water disappears.

4. Stir-fry the chickpeas with raz el hanout

Stir-fry the chickpeas in a little oil for about 4 minutes. Add the raz el hanout and fry for a while longer.

5. Cook Garden Gourmet's Sensational Burgers

Cook Garden Gourmet's Sensational Burgers in a frying pan according to the instructions on the package.

6. Assemble, garnish, and enjoy!

Halve the tomatoes. Divide the quinoa and lettuce in the bowls. Add the sweet potato, red cabbage, chickpeas, broad beans, and a large spoonful of hummus. Cut the burgers into strips and place them on top. Garnish with sesame, pomegranate seeds and lemon.

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