

INGREDIENTS

1 package Garden Gourmet Falafel (or Spinach Falafel)
125 g quinoa (3 colours)
100g cherry tomatoes
1 head of baby Romaine lettuce
1 large carrot
1 avocado
1 red onion
1 lime
2 tbsp pomegranate seeds
1 tbsp tahini
1 can of chickpeas (130 g drained weight)
approx. 200 ml sunflower oil, or other neutral oil
1 tbsp za'atar (Middle Eastern spice blend)

CULINARY TIP

No Waste tip

The perfect meal to empty your fridge; you can use any type of vegetable left in your fridge for this bowl so you don't have to waste any veggies. Besides that, the tahini mayo is a great way to use the chickpea liquid instead of throwing it away.



This vegan Garden Gourmet Falafel bowl can be made with leftover veggies and will taste delicious with your own homemade no waste tahini mayonnaise.

PREPARATION

1. Make the chickpea–tahini sauce

Drain the chickpeas, reserving the liquid. Beat 3 large tablespoons of the chickpea liquid with the hand mixer and add the sunflower oil drop by drop until a mayonnaise is formed (the more oil you add, the thicker the sauce will be). Then stir in the tahini and season with salt, pepper and lemon juice.

2. Marinade red onion and fry chickpeas

Cut the red onion into rings and generous sprinkle with lime juice to marinate. Fry the chickpeas in a little oil in a frying pan and sprinkle with za'atar.

3. Cook the quinoa

Cook the quinoa according to the instructions on the package. You can use it warm or cooled to your own taste.

4. Cut the veggies

Cut the carrot into thin strips or cut it using a 'spiral' cutter. Cut the avocado into slices or dices. Halve the cherry tomatoes.

5. Fry the falafels, customize your bowl, and enjoy with no-waste!

Fry the Garden Gourmet falafel until golden brown on all sides according to the instructions on the package. Divide some lettuce in the bowls and divide the quinoa, vegetables and falafel all around in it. Garnish with the pomegranate seeds and serve with the tahini mayonnaise. Store the leftover tahini mayonnaise in the fridge for later use.

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