



# SHAKSHUKA WITH VEGAN FALAFELS

## INGREDIENTS

1 pack Garden Gourmet Vegan Falafel  
400g crushed natural tomatoes (canned)  
120g onion  
1 garlic glove  
parsley  
cayenne pepper (chili)  
2 tbsp olive oil  
salt



With this super easy Shakshuka recipe make your taste buds travel without any effort. You will only need 5 ingredients and 20 minutes of your time!

## PREPARATION

### 1. Prepare onions and garlic

Chop the onion and garlic.

### 2. Cook the Garden Gourmet Vegan Falafels

In a hot skillet, add a tablespoon of oil and cook the Garden Gourmet Vegan Falafels for 6 minutes, turning them over from time to time. Remove from the heat and reserve.

### 3. Cook the onion and garlic

In the same pan, add another tablespoon of olive oil and sauté the onion and garlic with a pinch of salt, 10 minutes over medium heat.

### 4. Prepare the sauce

Add cayenne to taste and the crushed tomatoes. Stir and cook for 5 more minutes.

### 5. Assemble and enjoy

Add the Garden Gourmet Vegan Falafel and cook for a few minutes with the sauce. Serve with chopped parsley on top.

[CHECK OUT MORE RECIPES AT GARDENGOURMET.COM](https://www.gardengourmet.com)