

INGREDIENTS

1 pack Garden Gourmet 99kcal Broccoli Miniburger
1 bunch of carrots
1 bunch of radishes
1/2 cucumber
75g lamb's lettuce
1 lemon
225g quinoa
3 tbsp hummus natural
4 tbsp yogurt (vegan)
1 handful walnuts
1 sprig of mint
2 tbsp (cooking) olive oil
salt and pepper



Create an easy and balanced bowl for your lunch. This recipe has all you need: lots of vegetables, a fresh yogurt sauce and delicious Garden Gourmet 99kcal Broccoli Miniburgers.

PREPARATION

1. Prepare the carrots

Heat the oven to 200 °C. Cut off the foliage about 1 cm above the roots. Wash them and halve the large carrots lengthwise so that the carrots are about the same thickness. Spread them on a baking tray and drizzle with olive oil and sprinkle with salt and pepper.

2. Roast the carrots and cook the

Roast the carrots for about 20 min until tender and lightly coloured. Meanwhile, cook the quinoa according to instructions on the packet. Slice the cucumber and radishes.

3. Prepare the yogurt sauce

Finely chop the mint leaves and mix with the yoghurt. Add some salt and pepper to taste.

4. Cook the Garden Gourmet Broccoli Miniburgers

Stir-fry the Garden Gourmet Broccoli Miniburgers according to instructions on the packet.

5. Plate up and serve

Spoon the quinoa into the 'bowls' and divide the vegetables, lettuce and hummus inside. Top with the Garden Gourmet Broccoli Miniburgers. Sprinkle coarsely chopped walnuts and serve with the yoghurt sauce

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