



TAKE AWAY FALAFEL COUSCOUS SALAD JAR

INGREDIENTS

1 pack of Garden Gourmet Classic Falafel
100g cherry tomatoes
1/2 cucumber
1 handful of baby spinach leaves
1 yellow bell pepper
1 lemon
2 tbsp bell pepper hummus (ready-made)
120g pearl couscous



2 SERVINGS



20 MIN



EASY

Indulge the Falafel Couscous Salad, a vegan delight bursting with flavors. Layers of fluffy couscous, crispy falafel, and fresh vegetables create a vibrant and satisfying meal, perfect for on-the-go enjoyment. Served in a jar, it's an ideal choice for a picnic in the park on a sunny summer day.

PREPARATION

1. Cook the couscous

Cook the couscous according to the instructions on the package. Drain, season with salt, pepper, and lemon juice, and let it cool.

2. Cook the falafel and prep the veggies

Cook the falafel balls according to the instructions on the package and let them cool. Cut the bell pepper into small pieces, quarter the cherry tomatoes, and slice the cucumber into half slices.

3. Serve in the jar

Spread a layer of hummus on the bottom of each jar. Add some spinach leaves and a layer of pearl couscous. Fill the jars about 3/4 full with tomatoes, bell pepper, and cucumber, then top with the falafel balls.

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