



# VEGAN NUGGET QUINOA SALAD JAR

## INGREDIENTS

1 pack of Garden Gourmet Vegan Nuggets

1/4 iceberg lettuce

100 g (frozen) peas

1 red bell pepper

150 g carrot julienne

100-150 g quinoa

4 tbsp hummus of your choice (for example red bell pepper)

1 lemon



Enjoy the flavorful Veggie Quinoa Nugget Salad Jar. This delightful recipe combines crispy nuggets with quinoa and fresh vegetables, all layered in a convenient and portable jar for a delicious and nutritious meal on the go.

## PREPARATION

### 1. Cook the quinoa

Cook the quinoa according to instructions on the packet and leave to cool, spread out on a plate.

### 2. Cook the peas

Cook the peas in boiling water for 4 min. Drain and rinse under cold water

### 3. Cut the veggies and prep the jar

Cut the iceberg lettuce into thin strips and the sweet pepper into pieces. Mix the carrot strips with some lemon juice. Spoon a few spoons of hummus into the 'jars', then layer the quinoa and vegetables on top.

### 4. Fry the nuggets and finish your jar!

Fry the Nuggets according to instructions on the packet until brown and crispy and spread them on top last.

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