

## INGREDIENTS

 2 SERVINGS

 20 MIN

 INTERMEDIATE

1 pack Garden Gourmet Vegan Beetroot Falafel

80 g Mixture of arugula and canons

1/2 Courgette diced (about 200 g)

2 tbsp Extra virgin olive oil

1 tbsp Tahini (about 15 g)

1 tbsp Balsamic vinegar

1 tbsp Water

1 clove Garlic (grated)

1 tsp Old mustard

1 tsp Honey (or agave syrup)

10 g Sesame seeds (black or white)

10 g Sunflower seeds

2 Pita bread units (140 g)

100 g Mango

50 g Feta Cheese (or vegan cheese)

Pepper to taste

Looking for a nutritious and delicious meal? The Reinforced Salad with Tahini Sauce is a fantastic choice! This vibrant dish features Beetroot Falafel paired with a fresh mix of arugula, courgette, and a creamy tahini vinaigrette, creating a satisfying and flavorful salad. Enjoy this colorful and healthy option for a perfect lunch or dinner!

## PREPARATION

### 1. Cook Courgette

In a hot pan with half a tablespoon of oil cook the courgette dice until golden brown. Let warm.

### 2. Cook Falafel

Meanwhile, cook the falafel according to the directions on the package.

### 3. Mix Dressing Ingredients

In a bowl mix well the tahini, 2 tablespoons of oil, balsamic vinegar, mustard, honey, water, grated garlic and pepper to taste.

### 4. Mix Salad Ingredients

In another bowl with arugula and canons add sesame seeds, sunflower seeds and vinaigrette. Mix well to integrate all flavours.

### 5. Garnish Salad

Garnish salad with dices of mango and feta cheese.

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