

INGREDIENTS

 2 SERVINGS

 15 MIN

 EASY

1 pack Garden Gourmet Falafel
140 g beets
1 avocado
1 tsp black sesame seeds
200g edamame beans
4 handfuls lamb's lettuce
10 g vegan cheese
4 tbsp vegan yogurt
a few radishes
2 tbsp pistachios
1 cup cumin
½ tsp garlic powder
1 tsp lemon zest
1 case lemon juice
pepper and salt
1 lime (juice and zest)
A few sprigs coriander
2 tbsp of almonds

A recipe full of taste, vegetables and colors! Perfect for a delicious lunch, made with our vegan Garden Gourmet falafels.

PREPARATION

1. Make the beet hummus

Put all the beet hummus ingredients in a blender (beet, vegan yogurt, lemon juice) and mix until you get a smooth consistency.

2. Prepare the falafels

Fry the Garden Gourmet falafels 6-8 min in a pan.

4. Plate, garnish, and enjoy!

Divide the lamb's lettuce, hummus, radishes, pistachios, almonds, soybeans and avocado on the plates. Finish with falafel, black sesame seeds and yogurt sauce.

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