

INGREDIENTS

1 pack Garden Gourmet Mixed Vegetable Balls

1 broccoli stem (buy it or make it with us with your leftovers)

1 handful lamb's lettuce

100 g pumpkin seeds (buy them or make it with us with your leftovers)

2 tbsp pesto (buy it or make it with us with your leftovers)

1 apple

1 lemon

1 handful walnuts (or almonds)

200 g pumpkin

1 tbsp balsamic vinegar

🍴 2 SERVINGS

🕒 40 MIN

🧠 CHALLENGING

Enjoy this wonderful vegetarian salad by using your leftovers and adding the amazing Garden Gourmet Vegetable Balls!

PREPARATION

1. Make your broccoli spaghetti

Cut the florets from the broccoli stalk. Thinly peel the broccoli stump and cut the stump into "spaghetti" on the spiral cutter or simply into thin strips with a knife. Boil the florets until crispy in boiling water with a little salt, and blanch the "spaghetti" or strips for a short while with it. Rinse with cold water.

2. Make your pesto out of carrot tops!

Cut the tops off the carrots (approx. 50 g). Rinse under cold water and pat dry. Grind the leaves in a food processor or hand blender with approx. 200 ml extra virgin olive oil, 2 tbsp walnuts or pine nuts, 2 tbsp vegetable (vegan) cheese and 1 clove of garlic. Season with salt and pepper and lemon zest.

* Delicious on a sandwich or in a soup. Store in the fridge under a thin layer of olive oil or freeze what's left in small portions.

* You can keep the carrots themselves for a long time in the vegetable drawer.

* For carrots that have become a bit stale, you can give them a boost by soaking them in cold water and leave them in the refrigerator.

3. Roast your own pumpkin seeds

Cut the pumpkin in half, scoop out the seeds and cook for 20 minutes (some strings are added, but they dissolve during cooking). They will surface when they are done. Drain and dry on kitchen paper. Spread on a baking tray with baking paper and drizzle with some olive oil. Sprinkle with some spices, e.g. coriander, turmeric, cayenne pepper and some salt. Roast them for about 15 minutes until crispy in the oven at 200°C. until they start to pop a little. Let them cool down. Delicious as a snack or over a salad.

4. Roast your pumpkin cubes

Wash and cut (peeling is not necessary) the pumpkin flesh into cubes, divide them on a baking tray, drizzle with olive oil, salt and pepper and roast them for about 20 minutes until done

5. Fry up the vegetable balls

Cut the apple into wedges and fry the Garden Gourmet vegetable balls for a few minutes in some oil until brown (following instructions on the package).

6. Plate, garnish, and enjoy!

Divide some lamb's lettuce on the plates, divide the pumpkin cubes, apple wedges, broccoli florets and "spaghetti" and vegetable balls on top. Drizzle the salad with olive oil, balsamic vinegar, lemon juice and carrot roast pesto, or spread the pesto on roasted slice of bread. Sprinkle the salad with roasted pumpkin seeds.

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