

INGREDIENTS

1 pack Garden Gourmet Sensational Filet Pieces Mediterranean Seasoning

150 g quinoa (3 colors)

3 small bell peppers (3 colors)

1 cup romaine lettuce

1 small red onion

1/4 cucumber

1 lemon

125ml vegan yogurt

2 tbsp Greek olive mix

3 tbsp olive oil

 3 SERVINGS

 20 MIN

 EASY

This healthy Vegan Lunch Box with Garden Gourmet Sensational Filet Pieces Mediterranean Seasoning is a great meal to take to work or to school that will surely satisfy your cravings!

PREPARATION

1. Cook the quinoa

Cook the quinoa according to package directions and let it cool.

2. Chop up and season veggies

Cut the cucumber lengthwise into quarters, cut it into thin slices and mix with the yogurt. Season with lemon, salt and pepper. Cut the peppers into strips and the onion into half rings.

3. Fry the Mediterranean pieces

Fry the Mediterranean pieces according to the instructions on the package.

4. Season salad

Season the quinoa salad with lemon, olive oil, salt and pepper and toss in the olives.

5. Create your lunch box!

Divide the peppers with the onions in one compartment, the quinoa salad with olives, and the Mediterranean pieces on some lettuce in another compartment. Spoon the cucumber yogurt separately in a bowl and put it in there.

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