

INGREDIENTS

🥗 4 SERVINGS

🕒 10 MIN

1 pack Garden Gourmet Falafel balls
1 red onion
2 snack cucumbers
1 bag of lamb's lettuce
1 lime
200g green hummus (ready-made or homemade)
1tbsp Za-atar

Crispy falafel, fresh veggies, and creamy green hummus. This recipe is a delicious plant-based delight.

PREPARATION**1. Fry the Falafel**

Peel and halve the onion and cut the halves into thin wedges or half rings. Sprinkle them generously with lime juice and let them marinate for a while. Fry the Falafel according to instructions on the packet.

2. Serve and enjoy!

Slice the cucumbers and cut the cucumber into slices. Spoon a thick layer of hummus over a plate. Spread some lamb's lettuce on top and then the falafel balls. Garnish with cucumber slices, red onion, mint and sprinkle with za-atar.

CULINARY TIP**Delicious with**

Coarsely chopped mint sprinkled on top and serve with flat bread or pita bread

**CHECK OUT MORE RECIPES AT
GARDENGOURMET.COM**