



VEGAN NUGGET QUINOA SALAD JAR

INGREDIENTS

1 pack of Garden Gourmet Vegan Nuggets

1/4 iceberg lettuce

100 g (frozen) peas

1 red bell pepper

150 g carrot julienne

100-150 g quinoa

4 tbsp hummus of your choice (for example red bell pepper)

1 lemon



2 SERVINGS



15 MIN



EASY

Enjoy the flavorful Veggie Quinoa Nugget Salad Jar. This delightful recipe combines crispy nuggets with quinoa and fresh vegetables, all layered in a convenient and portable jar for a delicious and nutritious meal on the go.

PREPARATION

1. Cook the quinoa

Cook the quinoa according to instructions on the packet and leave to cool, spread out on a plate.

2. Cook the peas

Cook the peas in boiling water for 4 min. Drain and rinse under cold water

3. Cut the veggies and prep the jar

Cut the iceberg lettuce into thin strips and the sweet pepper into pieces. Mix the carrot strips with some lemon juice. Spoon a few spoons of hummus into the 'jars', then layer the quinoa and vegetables on top.

4. Fry the nuggets and finish your jar!

Fry the Nuggets according to instructions on the packet until brown and crispy and spread them on top last.

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