

INGREDIENTS

 2 SERVINGS

 20 MIN

 EASY

100 g quinoa
1 small red onion
1 lime
100 g chickpeas
1 bag of carrot julienne
1 mango
2 mini cucumbers
75 g cherry tomatoes
4 lettuce leaves
3 tbsp extra virgin oil
1 package Garden Gourmet Spinach Falafel

PREPARATION

1. Prepare the ingredients

Cook the quinoa according to directions on the package. Peel and slice the onion into rings. Drizzle the onion with lime juice and let stand for a while. Chop the mango, slice the cucumber and cut the tomatoes into quarters.

2. Cook Spinach Falafel

Prepare the spinach falafel according to the directions on the package.

3. Assemble Quinoa Bowl

Divide the quinoa into 2 'bowls' and distribute all the vegetables around and place the spinach falafel in the middle.

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