

## 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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