

INGREDIENTS

150 g couscous
6 tbsp olive oil
175 g cooked chickpeas
salt and pepper
100 g cherry tomatoes
1 eggplant
1 head of romaine lettuce
6 carrots
1 pack Garden Gourmet Spinach
Mini Burger

 2 SERVINGS

 35 MIN

 INTERMEDIATE

PREPARATION

1. Prepare the veggies

Peel the carrots, cut them in half lengthwise. Blanch them in boiling water for 3 min, drain them, pat them dry and then fry them in some olive oil in a frying pan until crispy tender. Fry the chickpeas with them for a moment and season with salt and pepper. Halve the tomatoes.

2. Grill the Eggplant

Slice the eggplant, mix with some olive oil and grill for about 5 min. brown in a preheated grill pan.

3. Prepare the couscous

In a low bowl, mix the couscous with 2 tbsp olive oil and pour boiling water on top until just submerged. Let stand for 5 min and stir to loosen with a fork.

4. Cook the mini burgers and assemble the bowl

Bake the spinach mini burgers according to instructions on the package. Spoon the couscous into 2 bowls and divide the grilled vegetables, lettuce, tomatoes and spinach mini burgers on top.

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