

SPINACH FALAFEL WITH GREEN HUMMUS SALAD

INGREDIENTS

190 grams GARDEN GOURMET
Vegan Falafel Classic 190g

1 red onion

2 snack cucumbers

1 bag corn salad

1 lime

200 g green hummus (ready-made
or homemade)

a few sprigs of mint

1 tbsp za-atar

 2 SERVINGS

 17 MIN

 EASY

The Spinach Falafel with Green Hummus Salad is a quick and flavorful recipe that serves 2 and can be prepared in just 15 minutes. It features Garden Gourmet spinach falafel, green hummus, and a refreshing mix of vegetables and herbs. The dish is assembled with marinated red onion, cucumber slices, mint, and a sprinkle of za'atar for a delightful and satisfying meal.

PREPARATION

1. Prepare the onion

Peel the onion, cut it in half and cut the halves into thin wedges or half rings. Drizzle them liberally with lime juice and let them marinate for a while.

2. Cook the Spinach Falafels

Fry the falafels according to instructions on the package.

3. Add the hummus

Slice the cucumbers. Spoon a thick layer of hummus also a plate. Spread some lambs lettuce salad on top and then the falafel.

4. Serve the meal and enjoy!

Garnish with cucumber slices, red onion, mint and sprinkle with za-atar

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