

INGREDIENTS

 2 SERVINGS

 20 MIN

 INTERMEDIATE

1 pack Garden Gourmet Vegan Beetroot Falafel
80 g Mixture of arugula and canons
1/2 Courgette diced (about 200 g)
2 tbsp Extra virgin olive oil
1 tbsp Tahini (about 15 g)
1 tbsp Balsamic vinegar
1 tbsp Water
1 clove Garlic (grated)
1 tsp Old mustard
1 tsp Honey (or agave syrup)
10 g Sesame seeds (black or white)
10 g Sunflower seeds
2 Pita bread units (140 g)
100 g Mango
50 g Feta Cheese (or vegan cheese)
Pepper to taste

Looking for a nutritious and delicious meal? The Reinforced Salad with Tahini Sauce is a fantastic choice! This vibrant dish features Beetroot Falafel paired with a fresh mix of arugula, courgette, and a creamy tahini vinaigrette, creating a satisfying and flavorful salad. Enjoy this colorful and healthy option for a perfect lunch or dinner!

PREPARATION

1. Cook Courgette

In a hot pan with half a tablespoon of oil cook the courgette dice until golden brown. Let warm.

2. Cook Falafel

Meanwhile, cook the falafel according to the directions on the package.

3. Mix Dressing Ingredients

In a bowl mix well the tahini, 2 tablespoons of oil, balsamic vinegar, mustard, honey, water, grated garlic and pepper to taste.

4. Mix Salad Ingredients

In another bowl with arugula and canons add sesame seeds, sunflower seeds and vinaigrette. Mix well to integrate all flavours.

5. Garnish Salad

Garnish salad with dices of mango and feta cheese.

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