

SPINACH FALAFEL AND SUNDRIED TOMATO HUMMUS

INGREDIENTS

 2 SERVINGS

 29 MIN

 EASY

1 pack Garden Gourmet Spinach Falafel

Dry tomato hummus

200 g Cooked chickpeas (drained)

40 g Dried tomatoes in oil (drained)

1 tbsp Tahini (10-15g)

Juice of 1/4 lemon (15 ml)

2 tbsp Olive oil

1/2 clove Garlic

Water (10-15 ml)

1/2 tsp Sweet paprika

15 g Toasted hazelnuts

300 g Cauliflower (2 steaks)

Fresh basil (for garnish, 10 g)

40 g Seed crackers (to accompany)

Pepper to taste

Salt to taste (optional)

Looking for a quick and flavorful meal? The Spinach Falafel and Sundried Tomato Hummus is a perfect choice! This vibrant dish features crispy spinach falafel served alongside creamy hummus made from chickpeas and sundried tomatoes, creating a delicious combination of flavors and textures. Enjoy this nutritious and satisfying option for a delightful lunch or dinner!

PREPARATION

1. Prepare Hummus Ingredients

To prepare the dry tomato hummus, crush the chickpeas with the dried tomatoes, tahini, lemon juice, garlic, olive oil, water, paprika and salt (optional). Adjust the texture by adding more water, to taste.

2. Cook Cauliflower Steaks

Oil the cauliflower steaks with a brush, season with spices to taste and cook in the air fryer (180°C 8-10 minutes per side) or oven (200°C 30 minutes) until golden and tender.

3. Cook the Falafel

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

4. Plate the Dish

On a plate serve the cauliflower, hummus on top with basil leaves, spinach falafel, and finish with hazelnuts on top.

5. Serve with Bread

Serve with crispy bread.

CULINARY TIP

Add a Crunchy Element

Consider adding toasted seeds or nuts to the hummus for an extra crunchy texture.

Tomato Flavor Boost

Add pieces of sundried tomato on top of the hummus.

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