



Pearl couscous bowl

with falafel and chickpeas



ca. 30min



2 Portionen

Was du von uns bekommst

- 1 Pck. Gemüsebrühgewürz
- 200g Perlencouscous ¹
- 1 unbehandelte Zitrone
- 1 Dose Bio-Kichererbsen
- 1 Pck. Falafeln ²
- 1 Gurke
- 1 Tomate
- 1 Knoblauchzehe
- 10g Petersilie

Was du zu Hause benötigst

- 3EL vegane Mayonnaise
- 1½g Salz und Pfeffer
- 52½ml Olivenöl
- 5ml Essig

Küchenutensilien

- Backofen
- Backblech und Backpapier
- kleiner Topf mit Deckel
- Stabmixer mit hohem Gefäß
- Messbecher
- Küchenreibe
- Zitruspresse
- Sieb

Vergiss nicht, das Gemüse vor der Zubereitung gründlich zu waschen, insbesondere grünes Blattgemüse und Salate.

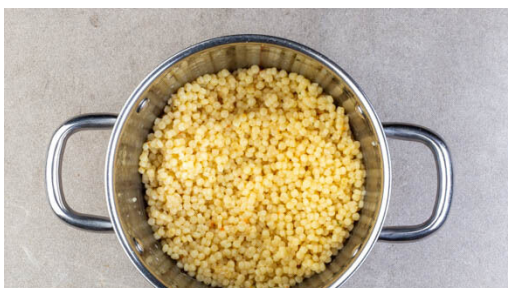
Allergene

Enthält: **Gluten** (1), **Sesamsamen** (2).

Kann Spuren enthalten von: Eier, Milch, Sojabohnen, Schwefeldioxid und Sulphite, Schalenfrüchte

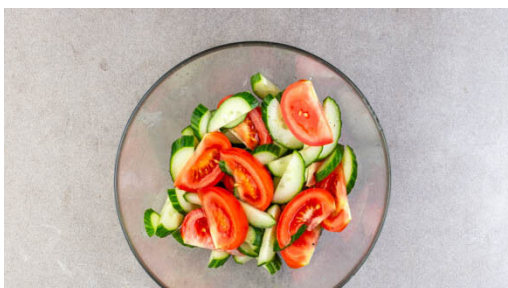
Nährwertangaben pro Portion

Energie 518kcal, Fett 12.1g,
Kohlenhydrate 78.5g, Eiweiß 18.8g



1. Cook the pearl couscous

Preheat the oven to 220°C (200°C fan). In a small pot, add 400ml water and ½ of the broth powder and bring to a boil. Add the pearl couscous to the boiling water and stir. Reduce the heat to low and let simmer covered for 10-12min. until all the water is absorbed and the pearl couscous cooked through.



4. Dress the vegetables

Halve the cucumber lengthways and cut into large pieces on a bias. Cut the tomato into wedges. Halve and juice the lemon. In a bowl, mix the juice with a pinch of salt and pepper and dress the vegetables in it.



2. Dress the chickpeas

Zest the lemon. Rinse and drain the chickpeas in a sieve. Put them on a lined baking tray and mix with the zest, 1Tbsp olive oil, and a large pinch of broth powder. Toss to combine. Spread the chickpeas on one half of the baking tray, leaving some space for adding the falafel later.



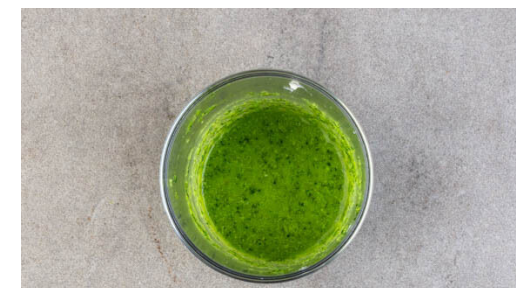
5. Heat up the falafel

Add the falafel to the baking tray and drizzle with ½Tbsp olive oil. Add the tray back to the oven to heat them up alongside the chickpeas for 5 more min.



3. Bake the chickpeas

When the oven is hot, add baking tray. Bake for ca. 10min, the chickpeas will start to crispy.



6. Make the dip

Peel the garlic and add to a high container, along with the parsley (incl. the stalks), 2Tbsp olive oil, 1tsp vinegar, 1Tbsp vegan mayonnaise and a pinch of salt and pepper. Mix with a stick blender until smooth. Stir in 2Tbsp or more of mayonnaise to adjust the consistency. Build your bowl with the pearl couscous, the vegetables, the chickpeas and falafel and serve drizzled with the mayo.