



Pearl couscous bowl

with falafel and chickpeas



ca. 30min



4 Portionen

Was du von uns bekommst

- 1 Pck. Gemüsebrühgewürz
- 400g Perlencouscous ¹
- 1 unbehandelte Zitrone
- 2 Dosen Bio-Kichererbsen
- 2 Pck. Falafeln ²
- 2 Gurken
- 2 Tomaten
- 1 Knoblauchzehe
- 10g Petersilie

Was du zu Hause benötigst

- 6EL vegane Mayonnaise
- 2½g Salz und Pfeffer
- 105ml Olivenöl
- 10ml Essig

Küchenutensilien

- Backofen
- Backblech und Backpapier
- mittelgroßer 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 398kcal, Fett 14.1g, Kohlenhydrate 48.0g, Eiweiß 14.7g



1. Cook the pearl couscous

Preheat the oven to 220°C (200°C fan). In a medium pot, add 800ml water and $\frac{3}{4}$ 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.



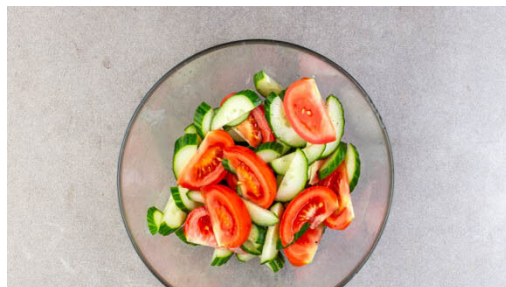
2. Dress the chickpeas

Zest the lemon. Rinse and drain the chickpeas in a sieve. Put them on a lined baking tray and mix with the zest, 2Tbsp olive oil, and the rest of the broth powder. Toss to combine. Spread the chickpeas on one half of the baking tray, leaving some space for adding the falafel later.



3. Bake the chickpeas

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



4. Dress the vegetables

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



5. Heat up the falafel

Add the falafel to the baking tray and drizzle with 1Tbsp olive oil. Add the tray back to the oven to heat them up alongside the chickpeas for 5 more min.



6. Make the dip

Peel the garlic and add to a high container, along with the parsley (incl. the stalks), 4Tbsp olive oil 2tsp vinegar, 2Tbsp vegan mayonnaise and a pinch of salt and pepper. Mix with a stick blender until smooth. Stir in 4Tbsp 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.