

Bowl with falafel

A bowl with falafel, vegetables, and tahini sauce is an autumn dish full of fantastic flavors! Gather your ingredients for a falafel bowl with couscous, hummus, vegetables, and tahini sauce.

INGREDIENTS

- 1 package of Jasmeen falafel
- ½ cup of couscous
- ½ bunch of parsley
- 2-3 sprigs of mint
- Juice of ½-1 lemon
- ¼ cup of olive oil
- 2-3 cooked or roasted beets
- 1 tablespoon of olive oil
- 1 tablespoon of Jasmeen pomegranate molasses
- Salt and pepper to taste
- 1 teaspoon of Jasmeen za'atar
- 1 orange
- 1/5 bunch of parsley
- 1/3 cup of Jasmeen tahini
- ½ cup of water
- Juice of ½ lemon
- 1 clove of garlic
- ½ teaspoon of Jasmeen seven spices
- 1 portion of Jasmeen hummus



Preparation:

Prepare the falafel according to the instructions on the package. Pour hot water with a pinch of salt and 1 tablespoon of olive oil over the couscous. After 5 minutes (when the couscous is soft), add the chopped herbs, lemon juice, and the remaining olive oil, then mix everything together. In a separate bowl, add diced beets, pomegranate seeds, pomegranate molasses, a teaspoon of za'atar, filleted orange, finely chopped onion, and chopped parsley, and then mix everything. Mix tahini with water, lemon juice, and crushed garlic. You can also add 1-2 teaspoons of harissa to the tahini. Season to taste with salt and the seven spice mix. Assemble the bowl: in a deep plate, layer the couscous, then add the falafel, beet salad, hummus, and your favorite vegetables. Finally, generously drizzle with tahini sauce.

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