

Summer salad with falafel

Hearty falafel balls on a summery bed of salad with a fruity raspberry vinaigrette – we can’t get enough of these!

Zutaten
4 Portionen

Quick falafel
1 Pck. Bohlsener Mühle chickpea falafel
Byodo frying oil with sesame oil
Dip
100 g Natural yogurt
1 EL Byodo Raspberry Balsam
1 EL Lemon juice
1 TL Agave syrup
1 Handle Mint, fresh
Salad
100 g mixed salad
1 Salad heart
5 Radish
2 Mini cucumbers
50 g Red cabbage
10 Cocktail tomatoes
30 g Kernels, mixed
2 EL Byodo Raspberry Balsam
4 EL Byodo rapeseed oil, virgin
1 TL Byodo medium hot mustard
3 TL Agave syrup
Byodo sea salt

Pepper

Zubereitung

Prepare the Bohlsener Mühle falafel according to the pack instructions and fry in Byodo frying oil until golden brown.

Alternatively, you can also make and season the falafel yourself using our recipe.

For the dip, mix the yogurt, raspberry balsamic, lemon juice and agave syrup. Add the chopped mint.

Clean, wash and spin dry the lettuce. Cut the radishes, cucumber and red cabbage into small pieces. Halve the cocktail tomatoes. Roast the mixed seeds in a pan without oil. Mix everything together in a large bowl. Mix the raspberry balsamic with the oil and the other ingredients for the vinaigrette in a screw-top jar and season to taste.

Mix the salad with the raspberry vinaigrette just before serving. Serve with falafel and the dip.