

# Spicy warm falafel couscous bowl

It is really cold now and in this weather what we all really want is a lovely bowl of warm and spicy food. This should also mean something that is quick to put together and this is where the recipe fits in beautifully.

I have teamed up with [Sainsbury's](#) to give their new falafel and quinoa a go and combined them in the delicious bowl of food.



[Sainsbury's Love Your Veg! Red Pepper & Chipotle falafel](#) adds some lovely flavour and colour to the dreariest of days and these bite size portions are perfect for lunch, combined with the other bits in this bowl they give the body needed in the quinoa meal.



[The British Quinoa Company Lemon & Herb Quinoa](#) are microwaveable and contain 100% British quinoa from The British Quinoa Company. In this bowl I am using the Lemon & Herb flavoured pouches that go beautifully with the tahini dressing.



## Warm and spicy falafel quinoa bowl

These small bowls are a lovely combination of the lemon & herb quinoa with the red pepper falafel, added crunch from the stir fry veg and lots of flavour and spice from the tahini dressing. Really quick and easy to put together and a delicious way to enjoy a bit of summer in this cold months.

*Red pepper & Chipotle falafel*

*Lemon and herb quinoa*

***For the Veg stir fry***

*1 tbsp olive oil*

*150 gms sugar snap peas, cut in half*

*1 green pepper, thinly sliced*

*1 red pepper, thinly sliced*

*2 carrots, thinly sliced*

*1/4 tsp salt*

***For the tahini dressing***

100 gms tahini

1/2 tsp salt

1/2 tsp chilli powder

1/2 tsp sugar

2 tbsp lemon juice

1 small green chilli, finely chopped

1 tbsp olive oil

100 ml hot water

Heat the falafel in the oven according to the instructions on the packet and put them in a bowl when ready.

Prepare the quinoa in the microwave according to the instructions on the packet and empty them in a bowl.

Get the stir fry going with some oil in a pan and when hot add all the veg and cook for 3-4 minutes until the veg are slightly done but still have a crunch in the bite. Add the salt and place it all in a bowl.



Now make the dressing by combining all the tahini dressing ingredients in a bowl and giving it a good mix.



Place everything on the table and let everyone prepare there own bowl with bits of falafel, quinoa, veg and finishing with a drizzle of the tahini dressing. Enjoy!

