

MICOGREENS SALAD



Prep time: 10m
Total time: 40m

INGREDIENTS


- 65 g microgreens
- 35 g quinoa
- 1/2 purple sweet potato
- 1/4 tbsp garlic powder
- salt
- oil (avocado or olive)
- balsamic vinegar
- optional: chopped cucumbers, tomato, chickpeas and onions to taste


DIRECTIONS

1. Boil quinoa in 120ml water for about 20 min
2. Cut the sweet potato into cubes and roast in the oven at 220 degrees C for 30 min
3. Mix all the ingredients in a bowl and add some salt
4. Dress salad with avocado oil and balsamic vinegar

By cooking with the foodloop box you create a better world, these are the results compared to the average purchased products.

 less CO2 emissions

 less plastic

 less waste

FOODLOOPBOX BARCELONA

Creating a sustainable food loop that will increase the local sustainable economies and will improve the health of people and the planet

PARTNERS



Go Zero Waste informs people about stores with sustainable products and opportunities to shop waste free

Espigoladors is a company that aims to reduce food waste and prevent social exclusion trough collecting leftover fruits and veggies and hiring people in need



Sustainable tapas is a platform that organizes events and summits to provide climate information, to start a transition to a more sustainable diet

The Delft University of Technology and the Cornell University support the foodloop project by providing knowledge.

