



U C O O K

— COOKING MADE EASY

Falafel & Hummus Rainbow Wraps

with red pepper hummus, crispy chickpeas & creamy feta

Your weeknight dinners are calling, so it's crunch time! These soft tortilla wraps enfold a host of crunchy treats: carrot and red cabbage, crispy beetroot falafel, toasted chickpeas, and refreshing cucumber. Add some smooth feta and red pepper hummus, and supper's sorted!

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Lauren Todd

 **Vegetarian**

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Ingredients & Prep

55g	Outcast Crazy Falafel Mix
75g	Shredded Red Cabbage & Julienne Carrot
40ml	Pickling Liquid <i>(10ml Honey & 30ml White Wine Vinegar)</i>
60g	Chickpeas <i>drained & rinsed</i>
5ml	NOMU One For All Rub
2	Soft Wheat Flour Tortillas
50ml	Red Pepper Hummus
50g	Cucumber <i>sliced into thin half-moons</i>
30g	Danish-Style Feta <i>drained</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)
Paper Towel

1. FIRSTLY, FALAFEL! Boil the kettle. Place the falafel mix in a shallow bowl with a pinch of salt and 100ml of boiling water. Mix well to combine, but not for longer than about 30 seconds. Cover with a plate and set aside for at least 10 minutes to rehydrate.

2. PICKLED SLAW Place the cabbage and carrot in a bowl with the pickling liquid and 2 tbsp of water. Toss together until fully coated and season with a pinch of salt. Set aside to pickle until serving.

3. CRISP THE CHICKPEAS Place a pan over a medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas for 6-8 minutes until crispy and caramel in colour. For the best results, only shift occasionally. If they start to pop out, use a lid to rein them in. Once crispy, add a knob of butter (optional), sprinkle over the One For All Rub, and toss to coat. On completion, transfer to a bowl and cover to keep warm until serving.

4. FALAFEL TIME Roll the falafel mixture into 6-7 small balls. Gently flatten each ball to form mini patties. Return the pan to a medium heat with enough oil to cover the base. When hot, fry the patties for 3-4 minutes per side until crispy, turning when they start to colour. Remove from the pan on completion and set aside to drain on some paper towel.

5. TOAST THE TORTILLAS Place a clean pan over a medium heat. When hot, dry toast the tortillas one at a time for about 30 seconds per side until lightly golden. Remove from the pan on completion. Drain the pickling liquid from the cabbage and carrot — lose it or reuse it!

6. WRAP IT UP ALREADY! Smear the red pepper hummus over the base of the tortilla wraps. In the centre, pile up some crispy chickpeas, pickled slaw, and cucumber half-moons. Top with the crazy falafels and crumble over the drained feta. Roll it all up and tuck into that crunch!



Chef's Tip

Chickpeas are high in fiber and protein. They are an excellent alternative for meat in plant-based diets, and the rich fiber content can reduce the artery-clogging LDL cholesterol.

Nutritional Information

Per 100g

Energy	738kJ
Energy	176Kcal
Protein	6.6g
Carbs	23g
of which sugars	5.7g
Fibre	5.9g
Fat	5.2g
of which saturated	2.1g
Sodium	428mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites

Cook
within 2
Days