



# QCOOK

## Falafel Wrap

with mayo & cucumber

**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

**Lunch:** Serves 1 & 2

**Chef:** Jade Summers

### Nutritional Info

	Per 100g	Per Portion
Energy	717kJ	1651kJ
Energy	172kcal	395kcal
Protein	4.8g	11g
Carbs	18g	41g
of which sugars	3.6g	8.4g
Fibre	5.2g	11.9g
Fat	8g	18.5g
of which saturated	1.9g	4.4g
Sodium	429mg	987mg

**Allergens:** Gluten, Allium, Wheat, Sulphites

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Wheat Flour Tortilla/s
6	12	Outcast Falafels
20ml	40ml	Mayo
10g	20g	Salad Leaves <i>rinse</i>
10g	20g	Piquanté Peppers <i>drain</i>
50g	100g	Cucumber <i>rinse &amp; cut into half-moons</i>

## From Your Kitchen

Seasoning (salt & pepper)

Water

- 1. WARMING UP** Place the tortilla/s on a plate and sprinkle with droplets of water. Heat in the microwave until softened, 15 seconds.
- 2. HEAT THE FALAFELS** Place the falafels on a plate and microwave in 30 second bursts until heated through and steaming. Set aside to cool slightly.
- 3. SMOKIN LUNCH** Lay down the tortilla/s and smear with mayo. Top with the leaves, the falafels, the peppers and the cucumber. Fold up and dig in, Chef!