



UCOOK

Crispy Vegetarian Falafels & Hummus

with a pickled onion & cucumber salad

Don't you just love a recipe that's easy to make, looks good on the plate, and delivers on taste? This recipe ticks all those boxes, starting with a schmear of creamy hummus, falafels fried until golden perfection, a cucumber, charred peppers, pickled onion & greens salad, and finished with toasted almonds and a coconut yoghurt drizzle.

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Serves: 1 Person

Chef: Jade Summers

Quick & Easy

Paardenkloof Wines | Paardenkloof "The Bend in the Road" Sauvignon Blanc 2019

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Ingredients & Prep

1	Bell Pepper <i>rinse, deseed & cut ½ into strips</i>
6	Outcast Falafels
20g	Salad Leaves <i>rinse & roughly shred</i>
80g	Baby Tomatoes <i>rinse & cut in half</i>
20g	Pickled Onions <i>drain & thinly slice</i>
50g	Cucumber <i>rinse & cut into half-moons</i>
30ml	Coconut Yoghurt
50ml	Hummus
10g	Almonds

From Your Kitchen

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

1. BEGIN WITH BELL PEPPERS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the pepper strips until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. FRY THE FALAFELS Return the pan to medium heat with enough oil to cover the base. When hot, fry the falafels until golden and crispy, 2-3 minutes per side. Remove from the pan and drain on paper towel.

3. VEGGIE MEDLEY & YOGHURT DRIZZLE To a bowl, add the rinsed leaves, the halved tomatoes, the sliced pickled onions, the cucumber half-moons, and the charred peppers. In a separate bowl, loosen the coconut yoghurt with water in 5ml increments until drizzling consistency and season.

4. PLATE UP DELICIOUSNESS Smear half of the plate with the hummus and top with the crispy falafels. Side with the pickled onion & cucumber salad. Drizzle over the coconut yoghurt and sprinkle over the almonds. Enjoy!

Nutritional Information

Per 100g

Energy	282kj
Energy	67kcal
Protein	2.5g
Carbs	7g
of which sugars	2.3g
Fibre	3.2g
Fat	2.7g
of which saturated	0.9g
Sodium	184mg

Allergens

Allium, Sesame, Sulphites, Tree Nuts

Eat
Within
3 Days