



UCOOK

Loaded Falafel Pita

with roasted sweet potato wedges & hummus

Pita pockets spread with creamy hummus, layered with sweet caramelised onion, tangy quartered baby tomatoes, gherkins, and crunchy fresh greens. A dish perfect for a satisfying yet light lunch or casual, fuss-free dinner.


Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

 Veggie

 Harry Hartman | Stellenbosch Sauvignon Blanc

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into wedges</i>
1	Red Onion <i>½ peeled & finely sliced</i>
55g	Outcast Beetroot Falafel Mix
1	Pita Bread
20g	Green Leaves <i>rinsed & finely shredded</i>
80g	Baby Tomatoes <i>cut into quarters</i>
25g	Gherkins <i>drained & roughly sliced</i>
60ml	Hummus

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Sugar/Sweetener/Honey

1. READY TO ROAST Preheat the oven to 200°C. Spread the sweet potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. TIME TO CARAMELISE Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced onion until caramelised, 7-9 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

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

4. PITA POCKETS Return the pan, wiped down, to medium heat. When hot, toast the pita until heated through, 30-60 seconds per side. Alternatively, pop it on a plate and heat in the microwave, 30-60 seconds. Slice the pita in half to make two pockets.

5. CRISPY FLAVOUR BOMBS Roll the rehydrated falafel mixture into 4-5 balls and gently flatten to form mini patties. Return the pan to medium heat with enough oil to cover the base. When hot, fry the falafel patties until crispy, 3-4 minutes per side. Remove from the pan and drain on paper towel before cutting each patty in half.

6. A FULFILLING FILLING Fill the pita pockets with some of the shredded leaves, the quartered tomatoes, the caramelised onion, the sliced gherkins, and the falafel halves. Spoon over ½ the hummus. Side with the roasted potato wedges, any remaining filling and serve with the remaining hummus for dunking. Beautiful, Chef!



Chef's Tip

Air fryer method: Coat the sweet potato wedges in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	489kJ
Energy	117kcal
Protein	3.7g
Carbs	19g
of which sugars	3.9g
Fibre	4.4g
Fat	1.5g
of which saturated	0.3g
Sodium	225mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites

Cook
within 2
Days