

UCOOK

Middle Eastern Falafel Flatbread

with red pepper hummus, tzatziki & piquanté peppers

On the menu tonight is a mouthwatering Middle Eastern inspired feast. Prepare for perfect bites made up of a base of toasted naan bread, a generous smear of red pepper hummus, layers of roasted, golden butternut chunks, crispy falafel halves, pops of sweet dates & creamy dollops of tzatziki to top it all off, together with fresh mint and crunchy almonds.

Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Morgan Otten

Veggie

Strandveld | Viognier

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Ingredients & Prep

200g	Butternut <i>trim, peel & cut into bite-sized pieces</i>
55g	Outcast Classic Falafel Mix
15g	Almonds <i>roughly chop</i>
1	Naan Bread
40ml	Red Pepper Hummus
20g	Piquanté Peppers <i>drain</i>
15g	Pitted Dates <i>roughly chop</i>
30ml	Tzatziki
3g	Fresh Mint <i>rinse, pick & roughly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Seasoning (salt & pepper)

1. BEGIN WITH BUTTERNUT Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. MIX THINGS UP Boil the kettle. In a shallow bowl, combine the falafel mix, a pinch of salt, and 100ml of boiling water. Cover with a plate and set aside for at least 10 minutes.

3. ALL OF THE ALMONDS Place the chopped almonds in a pan over a medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. FRY THE FALAFEL Roll the falafel mixture into 4-5 balls. Gently flatten to form mini patties. Return the pan to a medium heat with enough oil to cover the base. When hot, fry the falafel patties until crispy, 1-2 minutes per side. Remove from the pan and drain on paper towel. Cut the falafels in half.

5. IT'S SECOND TO NAAN Place a clean pan over a medium heat. When hot, toast the naan until golden, 1-2 minutes per side. In a small bowl, loosen the red pepper hummus with a splash of water and season.

6. DINNER TIME! Plate up the toasted naan bread, and smear over the hummus. Top with the roasted butternut & halved falafels. Scatter over the drained peppers and the chopped dates. Dollop over the tzatziki. Finish it off with a sprinkle of toasted almonds, and garnish with the sliced mint. Well done, Chef!



Chef's Tip

Air fryer method: Coat the butternut pieces in oil and season. Air fry at 200°C for 15-20 minutes or until cooked through and crispy.

Nutritional Information

Per 100g

Energy	677kJ
Energy	162kcal
Protein	5.6g
Carbs	24g
of which sugars	5.5g
Fibre	5.3g
Fat	3.8g
of which saturated	0.6g
Sodium	294mg

Allergens

Cow's Milk, Gluten, Allium, Sesame, Wheat, Sulphites, Tree Nuts

Eat
Within
4 Days