



UCOOK

Crispy Falafel Wrap

with hummus, tomato & cucumber

A toasted tortilla is smeared with creamy red pepper hummus, then layered with fresh greens, buttery avo, tangy tomato rounds, refreshing cucumber matchsticks & crispy falafel halves. It's time to fry, fold & feast!


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Megan Bure

 Veggie

 Creation Wines | Creation Sauvignon
Blanc/Semillon

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

110g	Outcast Beetroot Falafel Mix
1	Avocado
20g	Pumpkin Seeds
4	Wheat Flour Tortillas
80ml	Red Pepper Hummus
40g	Green Leaves <i>rinsed & roughly shredded</i>
1	Tomato <i>rinsed & sliced into rounds</i>
200g	Cucumber <i>rinsed & cut into matchsticks</i>

From Your Kitchen

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

1. FALAFEL MIX Boil the kettle. Place the falafel mix, a pinch of salt, and 200ml of boiling water in a shallow bowl. Mix, but not for longer than 30 seconds. Cover and set aside for at least 10 minutes.

2. HAVO SOME AVO Halve the avocado and remove the pip. Scoop out the avocado, slice, season, and set aside.

3. PUMPKIN SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. TOASTED TORTS Return the pan to medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

5. CRISPY FLAVOUR BOMBS Roll the falafel mixture into 4-5 balls per portion 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 golden and crispy, 3-4 minutes per side. Remove from the pan and drain on paper towel before cutting each patty in half.

6. WRAP IT UP! Lay down the toasted tortillas and smear on ½ the hummus. Top with the shredded leaves, the avo slices, the tomato rounds, the falafel halves, and the cucumber matchsticks, and season. Dollop on the remaining hummus, scatter over the toasted seeds, and fold the wrap over. Time to dig in!

Nutritional Information

Per 100g

Energy	647kJ
Energy	155kcal
Protein	4.5g
Carbs	17g
of which sugars	2.5g
Fibre	6.1g
Fat	6.9g
of which saturated	1.4g
Sodium	262mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites

Cook
within 2
Days