



# U C O O K

— COOKING MADE EASY

## Vegan Falafel Buddha Bowl

with Tex-Mex corn and beans, pickled peppers & cashew cream cheese

The Buddha bowl has teamed up with Tex-Mex! Sink into a zingy slaw and lettuce base, crispy beetroot falafel, and a corn, black bean, and pickled pepper chilli. Completed by cashew cream cheese dressing and smoky chipotle flakes for a nutritious, vegan, fusion treat.

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**Hands-On Time:** 45 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People

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**Chef:** Lauren Todd

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 **Vegetarian**

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## Ingredients & Prep

220g	Outcast Crazy Falafel Mix
10ml	Vegetable Stock
80g	Green Leaves <i>rinsed &amp; roughly shredded</i>
300g	Red Cabbage & Julienne Carrot
200g	Pickled Bell Peppers <i>drained &amp; roughly chopped, reserving the brine</i>
2	Lime <i>zested &amp; cut into wedges</i>
170ml	Cashew Cream Cheese
200g	Corn
480g	Black Beans <i>drained &amp; rinsed</i>
10ml	NOMU Smoked Chipotle Flakes
15g	Fresh Coriander <i>rinsed &amp; roughly chopped</i>

## From Your Kitchen

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

**1. STOCK & FALAFEL PREP** Boil the kettle. Place the falafel mix, a pinch of salt, and 400ml 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. Dilute the stock with 200ml of boiling water and set aside for step 3.

**2. ZESTY SALAD & NUTTY CREAM CHEESE** Place the shredded green leaves and the cabbage and carrot in a bowl. Toss together with the reserved pickled pepper brine, the lime zest to taste, and the juice of 4 lime wedges. Set aside for serving. Loosen the cashew cream cheese with water in 5ml increments until drizzling consistency. Season to taste and set aside.

**3. SAUCY BEANS & CORN** Place a nonstick pan over a high heat with a drizzle of oil. When hot, fry the corn and drained black beans for 5-7 minutes until slightly charred, shifting occasionally. Stir in the diluted stock, the chopped pickled peppers, and the chipotle flakes to taste. Bring to a simmer and cook for 6-7 minutes until reduced. On completion, stir through 60ml of loosened cream cheese and season with salt, pepper, and a sweetener of choice to taste. Transfer to a bowl, cover to keep warm, and set aside for serving.

**4. FALAFEL FUN** Roll the falafel mixture into 4-5 balls per portion and gently flatten to form mini patties. Wipe down the pan and return it to a medium heat with enough oil to cover the base. When hot, fry the falafel patties for 3-4 minutes per side until crispy, turning as they start to colour. Remove from the pan on completion and set aside to drain on some paper towel.

**5. LET'S MUNCH!** Plate up the zesty salad and layer with saucy beans and corn. Top with the crispy falafels, drizzles of cream cheese dressing, and a sprinkling of chopped coriander. Finish off with any remaining lime zest and chipotle flakes to taste. Serve with a lime wedge on the side and dig in, Chef!



## Chef's Tip

Draining and rinsing tinned beans, lentils, and chickpeas before use drastically reduces the amount of sodium you're adding to your meal.

## Nutritional Information

Per 100g

Energy	556kj
Energy	133Kcal
Protein	5.4g
Carbs	16g
of which sugars	4.2g
Fibre	5.7g
Fat	3.7g
of which saturated	0.2g
Sodium	381mg

## Allergens

Allium, Sulphites, Tree Nuts

Cook  
within 2  
Days