



UCOOK

Fusion Falafel Bowl

with corn & guacamole

You're going to have a spec-taco-ular day in the kitchen, Chef! On a bed of coriander-infused white basmati rice comes crispy-coated falafels, surrounded by a mouthwatering Mexican medley of rich black beans, charred peppers, onion & corn, spiced with a kick of NOMU Mexican Spice Blend. Accompanied by a creamy guacamole and a zesty salsa for freshness.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

Veggie

Strandveld | Grenache

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

Ingredients & Prep

75ml	White Basmati Rice <i>rinse</i>
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>
1	Onion <i>peel, finely dice ¼ & finely slice ¼</i>
1	Bell Pepper <i>rinse, deseed, finely dice ½ & cut ½ into thin strips</i>
50g	Corn
60g	Black Beans <i>drain & rinse</i>
5ml	NOMU Mexican Spice Blend
20ml	Lemon Juice
1	Tomato <i>rinse & finely dice</i>
6	Outcast Falafels
1 unit	Guacamole

From Your Kitchen

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

1. CORIANDER RICE Place the rinsed rice in a pot with 150ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Add ½ the chopped coriander, fluff with a fork and cover.

2. MMMEXICAN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sliced onion and the sliced pepper until golden, 8-10 minutes (shifting occasionally). Add the corn, the drained beans, and the NOMU spice blend, and fry until charred, 4-6 minutes (shifting occasionally). Season, remove from the pan, and set aside.

3. LET'S SALSA In a bowl, combine ½ the lemon juice (to taste), the diced onions (to taste), the diced peppers, the diced tomato, a drizzle of olive oil and seasoning. Set aside.

4. CRISPY FALAFELS Place a pan over 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.

5. SET THE TABLE Make a bed of the coriander rice and top with the falafels and the charred veg & beans. Serve alongside the salsa and dollop with the guacamole. Garnish with the remaining coriander.

Nutritional Information

Per 100g

Energy	384kj
Energy	92kcal
Protein	2.7g
Carbs	14g
of which sugars	2.2g
Fibre	3.4g
Fat	2.9g
of which saturated	0.3g
Sodium	154mg

Allergens

Allium

Eat
Within
4 Days