



# UCOOK

## Avo & Falafel Wrap

with hummus, tomato & cucumber

You have no idea hummus you're going to love this wonderfully tasty wrap, Chef! A toasted tortilla is smeared with creamy hummus, then layered with fresh greens, buttery avo, tangy tomato rounds, refreshing cucumber matchsticks & crispy falafel balls. It's time to fry, fold & feast!

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People

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**Chef:** Natalie Rohrs

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 Veggie

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 Waterford Estate | Range Chardonnay 2018

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## Ingredients & Prep

6	Nish Nush Falafel Balls
1	Avocado
4	Whole Wheat Tortillas
80ml	Hummus
40g	Green Leaves <i>rinsed &amp; roughly shredded</i>
1	Tomato <i>sliced into rounds</i>
100g	Cucumber <i>cut into matchsticks</i>

## From Your Kitchen

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

**1. FRIED FALAFELS** Place a pan over medium-high heat with enough oil to cover the base. When hot, add the falafel balls and fry for 2-3 minutes per side until golden brown and crispy. Remove from the pan, drain on paper towel, and halve each ball.

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

**3. TOASTED TORTS** Return the pan, wiped down, to a medium heat. When hot, dry toast the tortillas, one at a time, for 30-60 seconds per side until heated and lightly crisped.

**4. WRAP IT UP!** Lay down the toasted tortillas and smear on  $\frac{1}{2}$  the hummus. Top with the shredded leaves, the avo slices, the tomato rounds, the falafel halves, and the cucumber matchsticks. Dollop on the remaining hummus and fold the wrap over. Time to dig in!

## Nutritional Information

Per 100g

Energy	654kJ
Energy	156kcal
Protein	4.5g
Carbs	17g
of which sugars	1.6g
Fibre	4.4g
Fat	7.6g
of which saturated	1.5g
Sodium	316mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Soy

Cook  
within  
4 Days