



UCOOK

Taphuis Falafel & Roast Carrot Hummus

with coconut yoghurt tzatziki, hazelnuts & charred baby marrow

A glorious twist on a classic Mediterranean dish: a hummus of chickpeas, roast carrot, and sesame seeds is utter perfection when topped with crispy, orange-infused falafel, tzatziki swirled with mint, and strips of chargrilled baby marrow.

Hands-On Time: 40 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Stephen Fraser

 Vegetarian

 Lanzerac Estate | Keldermeester Versameling Prof

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

Ingredients & Prep

240g	Carrot <i>rinsed & trimmed</i>
1	Orange <i>½ zested & cut into wedges</i>
1	Lemon <i>½ cut into wedges</i>
55g	Outcast Beetroot Falafel Mix
65ml	Coconut Yoghurt
50g	Cucumber
4g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
15g	Hazelnuts
100g	Baby Marrow <i>rinsed, trimmed & sliced into long 1cm thick strips</i>
2,5ml	Cumin Seeds
60g	Chickpeas <i>drained & rinsed</i>
10ml	White Sesame Seeds

From Your Kitchen

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

1. ROAST & PICKLE Preheat the oven to 200°C. Peel ½ of the trimmed carrot into ribbons and set aside in a bowl. Cut the rest into wedges and spread out on a roasting tray. Coat in oil, the juice of 1 orange wedge, and seasoning. Roast in the hot oven for 20-25 minutes. Add the juice of 1 lemon wedge and 10ml of olive oil to the bowl of carrot ribbons. Season, toss to combine, and set aside.

2. DO YOUR PREP Boil the kettle. Place the falafel mix in a bowl with some orange zest and seasoning to taste. Add in 100ml of boiling water and 1 tbsp of yoghurt. Mix to combine but not for longer than 30-60 seconds. Cover with a plate and set aside for at least 10 minutes. Grate the cucumber and squeeze out the excess water. Mix with the remaining yoghurt and ¾ of the chopped mint. Season and set aside.

3. NUTS & BABY MARROW Place a nonstick pan over a medium heat. Toast the hazelnuts for 4-5 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool. Lightly coat the baby marrow strips in oil and seasoning. Return the pan to a high heat. When hot, fry the strips for 3-5 minutes per side until charred and cooked through. Transfer to a bowl, cover to keep warm, and set aside for serving.

4. YOU'RE HALFWAY! When the carrot is at the halfway mark, give it a shift and sprinkle over the cumin seeds. Return to the oven for the remaining time until cooked through. Roll the falafel mixture into 4-5 balls and flatten to form mini patties. Return the pan to a medium-high heat with enough oil to cover the base. When hot, fry the falafel for 3-4 minutes per side until cooked through and crispy. Remove from the pan and set aside to drain on paper towel.

5. FRAGRANT CARROT HUMMUS When the carrot is ready, place in a blender with the drained chickpeas, the sesame seeds, and the juice of 1 lemon wedge (or to taste). Pour in 80ml of water and 10ml of olive oil, and blend until smooth. If too thick or chunky, loosen by blending with more water or olive oil in small increments.

6. TIME TO NOM! Spread the carrot hummus across a plate. Top with the baby marrow, pickled carrot, and crispy falafel. Dollop over some minty coconut tzatziki and finish with the chopped hazelnuts and remaining mint. Garnish with the remaining orange wedge. Dig in!



Chef's Tip

To extract the liquid from the grated cucumber, a clean kitchen towel is the most effective thing to use. Squeeze out as much excess water as you can — you want it to be as dry as possible so that it doesn't dilute the flavour of the coconut yoghurt!

Nutritional Information

Per 100g

Energy	323kJ
Energy	77Kcal
Protein	3.2g
Carbs	11g
of which sugars	5g
Fibre	4.6g
Fat	2.6g
of which saturated	0.6g
Sodium	73mg

Allergens

Allium, Sesame, Tree Nuts

Cook
within 2
Days