UCOOK

Loaded Vegetarian Falafel & Couscous

with baby tomatoes, olives, fresh mint & red pepper hummus

Had to work late and now dinner is running behind schedule? No problem, Chef! Whip up this vegetarian favourite in under 25 minutes. Featuring steamed couscous loaded with tomatoes, cucumber, olives & mint. Topped with golden falafels and a drizzle of red pepper hummus.

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Kate Gomba

Quick & Easy

Groote Post Winery | Groote Post Old Man's Blend White Blend 2020

Ingredients & Prep

225ml	Couscous
18	Outcast Falafels
150ml	Red Pepper Hummus
240g	Baby Tomatoes *rinse & halve*
300g	Cucumber *rinse & roughly dice*
75g	Pitted Kalamata Olives *drain & halve*
8g	Fresh Mint *rinse, pick & roughly chop*

From Your Kitchen

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

1. COUSCOUS Boil the kettle. Place the couscous in a bowl with 225ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. 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.

3. JUST BEFORE SERVING While the couscous is on the go, loosen the hummus with water in 5ml increments until drizzling consistency and season. Prep the veg as specified in the ingredient table. Combine the cooked couscous with the halved tomatoes, the diced cucumber, the halved olives, ½ the chopped mint, a generous drizzle of olive oil, and seasoning.

4. DINNER IS READY Bowl up the loaded couscous, top with the golden falafels, and drizzle over the hummus. Garnish with the remaining mint. Well done, Chef!

Nutritional Information

Per 100g

Energy	511kJ
Energy	122kcal
Protein	4.9g
Carbs	17g
of which sugars	1.9g
Fibre	4.5g
Fat	2.6g
of which saturated	0.9g
Sodium	250.3mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites

Eat Within 4 Days