



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.

Hands-On Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Lauren Todd

 **Vegetarian**

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Ingredients & Prep

55g	Outcast Crazy Falafel Mix
2.5ml	Vegetable Stock
20g	Green Leaves <i>rinsed & roughly shredded</i>
75g	Red Cabbage & Julienne Carrot
50g	Pickled Bell Peppers <i>drained & roughly chopped, reserving the brine</i>
1	Lime <i>one half zested & cut into wedges</i>
45ml	Cashew Cream Cheese
50g	Corn
120g	Black Beans <i>drained & rinsed</i>
2.5ml	NOMU Smoked Chipotle Flakes
4g	Fresh Coriander <i>rinsed & 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 100ml 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 60ml 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 1 lime wedge. 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 3-5 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 3-4 minutes until reduced. On completion, stir through 2 tsp 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 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