

UCOOK

Falafel & Quinoa Salad

with a red pepper hummus drizzle

Perfect for a summertime dinner or delicious lunch! This quinoa salad is loaded with baby tomatoes, fresh cucumber, and pops of kalamata olives. Topped with crispy and golden falafel patties drizzled with red pepper hummus, all finished off with a scattering of fresh mint.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

 Veggie

 Waterford Estate | Waterford MCC

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Ingredients & Prep

225ml	Quinoa <i>rinsed</i>
165g	Outcast Classic Falafel Mix
150ml	Red Pepper Hummus
240g	Baby Tomatoes <i>rinsed & halved</i>
300g	Cucumber <i>rinsed & roughly diced</i>
60g	Pitted Kalamata Olives <i>drained & roughly chopped</i>
8g	Fresh Mint <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. QUINOA Place the rinsed quinoa in a pot with 450ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. PREP STEP Boil the kettle. In a bowl, combine the falafel mix, a pinch of salt, and 300ml of boiling water. Mix, but not for longer than 30 seconds. Cover and set aside for at least 10 minutes. In a small bowl, combine the hummus with water in 10ml increments until drizzling consistency. Season.

3. FRY THE FALAFEL Roll the falafel mixture into 4-5 balls per portion and gently flatten to form mini patties. Place a pan over medium heat with enough oil to cover the base. When hot, fry the falafel patties until golden and crispy, 3-4 minutes per side. Remove from the pan and drain on paper towel.

4. JUST BEFORE SERVING In a salad bowl, combine the cooked quinoa, the halved tomatoes, diced cucumber, and the chopped olives. Toss to combine and season.

5. DINNER IS READY Bowl up the loaded quinoa salad, top with the falafels, and drizzle over the hummus. Garnish with a sprinkle of the chopped mint. Good job, Chef!

Nutritional Information

Per 100g

Energy	585kj
Energy	140kcal
Protein	5.6g
Carbs	20g
of which sugars	2g
Fibre	6.2g
Fat	3.5g
of which saturated	0.6g
Sodium	257mg

Allergens

Allium, Sulphites

Cook
within
4 Days