



UCCOOK

Vibrant Mezze Platter

with crispy falafel balls, coconut tzatziki & golden pita chips

Why eat one dish for dinner when you can have a little bit of everything? This platter shows off with crunchy pita, creamy coconut tzatziki, delicious baked falafel balls, and a garlicky aubergine hummus dip. Sided with a fresh salad, this platter is truly a-mezze-ing!


Hands-on Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Veggie

 Waterford Estate | Waterford Elgin Sauvignon Blanc 2021

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Ingredients & Prep

250g	Aubergine <i>rinsed, trimmed & halved lengthways</i>
55g	Outcast Falafel Mix
20g	Pitted Kalamata Olives <i>drained & roughly chopped</i>
1	Tomato <i>diced</i>
50g	Cucumber <i>grated & liquid squeezed out (see Chef's Tip)</i>
30ml	Coconut Yoghurt
1	Garlic Clove
1	Pita Bread <i>defrosted</i>
20g	Salad Leaves <i>rinsed</i>
30ml	Hummus

From Your Kitchen

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

1. PREP Preheat the oven to 220°C. Boil the kettle. Place the aubergine halves on a roasting tray, coat in oil, and season. Roast, flat-side down, in the hot oven for 30-35 minutes until softened, shifting halfway. Place the falafel mix in a shallow bowl with some seasoning to taste and 100ml of boiling water. Mix well to combine, but not for longer than about 30 seconds. Cover with a plate and set aside for at least 10 minutes.

2. SALAD & TZATZIKI In a bowl, combine the chopped olives and diced tomato with a drizzle of oil and some seasoning. In a separate small bowl, combine the grated cucumber and coconut yoghurt with seasoning.

3. FALAFEL When the aubergines have 10 minutes remaining, place a whole, unpeeled garlic clove on the roasting tray and cook for the remaining time, until softened. Lightly oil or wet your hands to prevent the falafel mixture from sticking to them. Roll into 4-5 balls and gently flatten each ball to form mini patties. Place a pan over a medium heat with enough oil to cover the base. When hot, fry the patties for 3-4 minutes per side until crispy and cooked through, turning when they start to colour. Remove from the pan on completion and set aside to drain on paper towel.

4. AUBERGINE HUMMUS When the aubergine and garlic are done, remove the flesh and discard the skins (from both the garlic and aubergine) - be careful, it will be hot. Place the aubergine and garlic flesh into a bowl and mash with a fork. Add the hummus and some seasoning and mix to combine. Add a drizzle of oil if necessary.

5. PITA Return the pan, wiped down, to a medium heat. When hot, warm the pita for about 30-60 seconds per side until heated through and lightly toasted. When cool enough to handle, slice into quarters. Toss the rinsed salad leaves with the dressed tomatoes & olives.

6. YUM! Plate up the delicious falafel, crispy pitas and a dollop of your homemade coconut tzatziki. Side with the fresh salad and the aubergine hummus for dipping. Feast to your heart's content!



Chef's Tip

To extract the liquid from the grated cucumber, a kitchen towel is the most effective thing to use. You want the cucumber to be as dry as possible for the tzatziki!

Nutritional Information

Per 100g

Energy	380kj
Energy	91kcal
Protein	3.2g
Carbs	14g
of which sugars	2.9g
Fibre	4.2g
Fat	1.5g
of which saturated	0.4g
Sodium	161mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites

Cook
within
4 Days