



U C O O K

— COOKING MADE EASY

CAJUN FALAFEL CRUNCH

with caramelised carrots, avo hummus & slivered almonds

Maximise that crunch factor! Snappy piquanté peppers, the crackle of toasted almonds, and unbeatable crispy falafel; spread over Cajun-spiced bulgur wheat and drizzled with mint yoghurt and smooth, sultry avo hummus.

Hands-On Time: 30 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Alex Levett



Vegetarian

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Ingredients & Prep

480g	Carrots <i>trimmed & cut lengthways into long wedges</i>
80ml	Cabernet Sauvignon Vinegar
60g	Slivered Almonds
2	Onion <i>peeled & diced</i>
300ml	Bulgur Wheat
40ml	NOMU Cajun Rub
220g	Outcast Crazy Falafel Mix
200ml	Plain Yoghurt
15g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
200ml	Avocado Hummus
80g	Piquanté Peppers <i>drained & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Sugar/Sweetener/Honey

1. CARAMELISED CARROTS Preheat the oven to 200°C. Place the carrot wedges on a roasting tray. Coat in oil, the cab sauv vinegar, 10ml of a sweetener of choice, and seasoning. Roast in the hot oven for 35-40 minutes until cooked through and becoming crispy, shifting halfway.

2. TOASTED ALMONDS Place the slivered almonds in a large, nonstick pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. CAJUN-SPICED BULGUR Boil a full kettle. Return the pan to a medium heat with a drizzle of oil. When hot, fry the diced onion for 3-4 minutes until soft and translucent, shifting occasionally. Remove from the pan on completion and place in a large, shallow bowl. Add the bulgur wheat to the bowl with the Cajun Rub to taste. Submerge in 600ml of boiling water, add a drizzle of oil, and gently stir. Cover with a plate and set aside to steam for 15-20 minutes. Once cooked, fluff up with the fork and season to taste. Replace the plate and set aside to keep warm until serving.

4. FALAFEL & DRESSINGS Place the falafel mix in a shallow bowl with a pinch of salt and 400ml 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. In a bowl, combine the yoghurt with three-quarters of the chopped mint and season to taste. Place the avo hummus in a separate bowl. Loosen with water in 5ml increments until drizzling consistency and season to taste. Set both dressings aside for serving.

5. FRY THE FALAFEL Lightly oil or wet your hands to prevent the falafel mixture from sticking to them. Roll into 4-5 balls per portion and gently flatten each ball to form mini patties. Return the pan to 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 some paper towel. You may need to do this step in batches.

6. BLISSFUL FALAFEL BOWL Make a bed of spiced bulgur wheat. Cover with the caramelised carrot wedges and chopped piquanté peppers. Pop the crispy falafel on top, drizzle over the avo hummus, and dollop with the minty yoghurt. Garnish with the toasted, slivered almonds and the remaining chopped mint. Enjoy!



Chef's Tip

One medium carrot contains almost 90% of the RDA of vitamin A! Grate up fresh carrot and add it to salads or slaws for a colour and nutrient boost. Or, if you're roasting a tray of veg, why not chuck in a couple of carrots as well!

Nutritional Information

Per 100g

Energy	636kJ
Energy	153Kcal
Protein	5.6g
Carbs	23g
of which sugars	5.2g
Fibre	7.1g
Fat	3.9g
of which saturated	0.3g
Sodium	319mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Tree Nuts

Cook
within
4 Days