



UCCOOK

Rockin' Santorini Mezze Roast

with hummus, tzatziki & mint

Platter vibe! Crispy pita, red pepper hummus-tzatziki, crispy baked falafels, za'atar roasted aubergine and juicy baby tomatoes. Let's elevate that flavour with chopped Kalamata olives and fresh mint — oh so perfect. Finished with fresh lemon and you have one heck of a flavour wave!


Hands-On Time: 30 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Megan Bure

 Vegetarian

 Haute Cabrière | Chardonnay Unwooded

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Ingredients & Prep

750g	Aubergine <i>rinsed, trimmed & cut into small bite-sized chunks</i>
240g	Baby Tomatoes <i>halved</i>
30ml	Red Wine Vinegar
125ml	Tzatziki
125ml	Red Pepper Hummus
12g	Fresh Mint <i>rinsed, pickled & roughly sliced</i>
165ml	Outcast Classic Falafel Mix
30ml	Za'atar
60g	Green Leaves <i>rinsed</i>
3	Pita Bread
75g	Pitted Kalamata Olives <i>drained & roughly chopped</i>

From Your Kitchen

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

1. TANGY VEG Preheat the oven to 220°C. Spread out the aubergine chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until softened, shifting halfway. Place the halved baby tomatoes into a bowl with a drizzle of oil, the $\frac{3}{4}$ of the red wine vinegar and seasoning. Toss to coat and set aside.

2. CRAZY DIP & FLASHY FALAFEL In a small bowl, combine the tzatziki and red pepper hummus with the remaining red wine vinegar, $\frac{1}{2}$ of the sliced mint and seasoning. Mix to combine and set aside. Place the falafel mix, salt and pepper, and 300ml 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. Lightly grease a baking tray. Roll the falafel mixture into 4-5 balls per portion and gently flatten to form mini patties. Place on the baking tray and lightly brush with oil using a pastry brush or your fingers. Set aside.

3. HALFWAY When the aubergine roast reaches halfway remove from the oven and give a shift. Sprinkle over za'atar spice and $\frac{1}{2}$ of the halved dressed baby tomatoes. Toss to coat and return to the oven along with the tray of falafels for the remaining cooking time 10-12 minutes until crispy and cooked through. Just before serving, add the rinsed green leaves to the bowl with the remaining tomatoes, add 15ml of olive oil and toss to combine. Season to taste.

4. PERFECT PITAS Place a clean pan over a medium heat. When hot, warm the pitas for about 30-60 seconds per side until heated through and lightly toasted. Alternatively, pop them on a plate and heat up in the microwave for 30-60 seconds. If you'd prefer – toast the pitas in the oven for 3-4 minutes until heated through and crisp. Stack the heated ones on top of one another to keep warm. When cool enough to handle, slice in quarters for serving.

5. FINAL TOUCHES Just before serving, toss the chopped kalamata olives through the roasted veg with some lemon juice and $\frac{1}{2}$ of the remaining mint.

6. PLATTER VIBE Plate up the veggies, falafel, crispy pitas and a dollop of tzatziki-hummus. Side with the fresh salad. Garnish with the remaining mint and a lemon wedge on the side. Feast to your heart's content!

Nutritional Information

Per 100g

Energy	348kj
Energy	83Kcal
Protein	3.6g
Carbs	11g
of which sugars	3.9g
Fibre	4.9g
Fat	2.1g
of which saturated	0.4g
Sodium	284mg

Allergens

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

Cook
within 1
Day