



UCCOOK

Falafel Buddha Bowl

with black beans & avocado

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Veggie: Serves 3 & 4

Chef: Lauren Nel

Wine Pairing: Waterkloof | False Bay Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	712kJ	4052kJ
Energy	170kcal	969kcal
Protein	5.4g	30.8g
Carbs	22g	126g
of which sugars	2.1g	11.9g
Fibre	8g	45.5g
Fat	6.9g	39.5g
of which saturated	1.1g	6.2g
Sodium	221mg	1259mg

Allergens: Gluten, Allium, Wheat, Sulphites, Tree Nuts

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
165g	220g	Outcast Falafel Classic Mix
225ml	300ml	Bulgur Wheat
150g	200g	Corn
30ml	40ml	NOMU Mexican Spice Blend
360g	480g	Black Beans <i>drain & rinse</i>
2	2	Avocados <i>cut in half & thinly slice 1½ [2]</i>
60g	80g	Piquanté Peppers <i>drain</i>
90ml	125ml	ButtaNutt Macadamia Nut Yoghurt

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. MIX THE FALAFEL MIX Boil the kettle. In a bowl, combine the falafel mix, a pinch of salt, and 300ml [400ml] of boiling water. Mix, but not for longer than 30 seconds. Cover and set aside for at least 10 minutes.

2. BEGIN THE BULGUR WHEAT Place the bulgur wheat in a pot with 450ml [600ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, fluff with a fork, and set aside.

3. PERFECT PATTIES 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, and cover to keep warm.

4. CORN & BEANS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 5-6 minutes (shifting occasionally). In the final 1-2 minutes, add the NOMU spice blend and seasoning. Remove from the pan and set aside. Return the pan to medium heat with a drizzle of oil if necessary. Fry the beans until warmed through, 5-7 minutes. Remove from the pan and mix with the corn.

5. BOWL 'EM OVER Bowl up the bulgur. Neatly arrange the corn mixture, falafels, and avocado slices around it in separate sections, (buddha bowl style). Scatter over the pickled peppers and finish with a drizzle of the yoghurt. Well done, Chef!

Chef's Tip Slightly warm the falafels and corn mixture before plating for a lovely contrast against the cool, creamy elements.