



# U C O O K

— COOKING MADE EASY

## Falafel & Hummus Rainbow Wraps

**with red pepper hummus, crispy chickpeas & creamy feta**

Your weeknight dinners are calling, so it's crunch time! These soft tortilla wraps enfold a host of crunchy treats: carrot and red cabbage, crispy beetroot falafel, toasted chickpeas, and refreshing cucumber. Add some smooth feta and red pepper hummus, and supper's sorted!

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**Hands-On Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 4 People

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**Chef:** Lauren Todd

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 **Vegetarian**

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## Ingredients & Prep

220g	Outcast Crazy Falafel Mix
300g	Shredded Red Cabbage & Julienne Carrot
160ml	Pickling Liquid <i>(40ml Honey &amp; 120ml White Wine Vinegar)</i>
240g	Chickpeas <i>drained &amp; rinsed</i>
20ml	NOMU One For All Rub
8	Soft Wheat Flour Tortillas
200ml	Red Pepper Hummus
200g	Cucumber <i>sliced into thin half-moons</i>
120g	Danish-Style Feta <i>drained</i>

## From Your Kitchen

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

**1. FIRSTLY, FALAFEL!** Boil the kettle. 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 to rehydrate.

**2. PICKLED SLAW** Place the cabbage and carrot in a salad bowl with the pickling liquid and 100ml of water. Toss together until fully coated and season with a pinch of salt. Set aside to pickle until serving.

**3. CRISP THE CHICKPEAS** Place a large pan over a medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas for 10-15 minutes until crispy and caramel in colour. For the best results, only shift occasionally. If they start to pop out, use a lid to rein them in. Once crispy, add a knob of butter (optional), sprinkle over the One For All Rub, and toss to coat. On completion, transfer to a bowl and cover to keep warm until serving.

**4. FALAFEL TIME** Roll the falafel mixture into 6-7 small balls per portion. 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, turning when they start to colour. Remove from the pan on completion and set aside to drain on some paper towel.

**5. TOAST THE TORTILLAS** Place a clean pan over a medium heat. When hot, dry toast the tortillas one at a time for about 30 seconds per side until lightly golden. Remove from the pan on completion and stack on a plate as you go to keep warm. Drain the pickling liquid from the cabbage and carrot – lose it or reuse it!

**6. WRAP IT UP ALREADY!** Smear the red pepper hummus over the base of the tortilla wraps. In the centre, pile up some crispy chickpeas, pickled slaw, and cucumber half-moons. Top with the crazy falafels and crumble over the drained feta. Roll it all up and tuck into that crunch!



## Chef's Tip

Chickpeas are high in fiber and protein. They are an excellent alternative for meat in plant-based diets, and the rich fiber content can reduce the artery-clogging LDL cholesterol.

## Nutritional Information

Per 100g

Energy	738kJ
Energy	176Kcal
Protein	6.6g
Carbs	23g
of which sugars	5.7g
Fibre	5.9g
Fat	5.2g
of which saturated	2.1g
Sodium	428mg

## Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites

Cook  
within 2  
Days