UCOOK

Middle Eastern Falafel Pitas

with tzatziki

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Veggie: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Doos Wine | Doos Dry Red 3L

Nutritional Info	Per 100g	Per Portion
Energy	482kJ	2861kJ
Energy	115kcal	685kcal
Protein	4.7g	27.9g
Carbs	16g	93g
of which sugars	2.3g	13.8g
Fibre	2.6g	15.4g
Fat	2.7g	16.1g
of which saturated	0.8g	4.9g
Sodium	265mg	1571mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
360g	480g	Nish Nush Frozen Falafel Mix
2	2	Onions *peel & roughly slice 1½ [2]*
3	4	Pita Breads
60g	80g	Salad Leaves *rinse & finely shred*
150g	200g	Cucumber *rinse & cut into thin rounds*
60g	80g	Danish-style Feta *drain*
125ml	160ml	Tzatziki
2	2	Tomatoes *rinse & slice 1½ [2] into half-moons*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter (optional)
Sugar/Sweetener/Honey

1. FALAFELS Roll the falafel mixture into 9 [12] balls, gently flatten to form mini patties, and place them in the freezer for 10-15 minutes. Place a pan over medium heat with enough oil to cover the base. When hot, fry the falafel balls until golden and crispy, 2-3 minutes per side. Remove from the pan and drain on paper towel.

2. SWEET ONION Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

3. TOASTED PITA Place a clean pan over medium heat. When hot, toast the pita until heated through, 30-60 seconds per side. Alternatively, place it on a plate and heat up in the microwave, 30-60 seconds. Cut in half to make the pockets.

4. FETA SALAD To a bowl, add the salad leaves, cucumber, feta, a drizzle of olive oil, and seasoning.

5. FAB FALAFEL Time to assemble! Smear ½ of the tzatziki in the pockets, add the tomato, falafels, and onion, and finish with dollops of the remaining tzatziki. Serve with the salad on the side. Enjoy!