



# UCCOOK

## Vibrant Mezze Platter

with **crispy falafels**, **homemade coconut tzatziki** & **golden pita chips**

Why eat one dish for dinner when you can have a little bit of everything? This platter shows off with crunchy pita quarters, creamy coconut tzatziki, delicious falafel balls, and roasted carrot wedges. Sided with a fresh salad, this platter is truly amazing!

---

**Hands-on Time:** 15 minutes

**Overall Time:** 40 minutes

---

**Serves:** 1 Person

---

**Chef:** Megan Bure

---

Veggie

---

Neil Ellis Wines | Neil Ellis Wild Flower Rosé 2023

---

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

120g	Carrot <i>rinse, trim, peel &amp; cut into wedges</i>
55g	Outcast Falafel Classic Mix
1	Garlic Clove <i>peel &amp; grate</i>
20g	Pitted Kalamata Olives <i>drain &amp; roughly chop</i>
1	Tomato <i>rinse &amp; roughly dice</i>
50g	Cucumber <i>rinse, grate &amp; squeeze out the liquid</i>
30ml	Coconut Yoghurt
30ml	Hummus
5ml	Old Stone Mill Dukkah Spice
1	Pita Bread
20g	Salad Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

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

**1. READY THE ROAST** Preheat the oven to 200°C. Boil the kettle. Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. MIX THINGS UP** In a shallow bowl, combine the falafel mix, the grated garlic (to taste), seasoning, and 100ml of boiling water. Mix until combined, but not for longer than about 30 seconds. Cover with a plate and set aside for at least 10 minutes.

**3. FRESH & REFRESHING** In a bowl, combine the chopped olives, the diced tomato, a drizzle of olive oil, and seasoning. In a separate small bowl, combine the grated cucumber, the coconut yoghurt, and seasoning. In a small bowl, combine the hummus with the dukkah, and season.

**4. FRY THE FALAFEL** Lightly oil or wet your hands to prevent the falafel mixture from sticking to them. Roll the falafel mixture into 4-5 balls 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.

**5. PITA PARTY** Return the pan, wiped down, to 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. Slice into quarters. In a bowl, combine the rinsed salad leaves and the dressed tomatoes & olives.

**6. YUM!** Plate up the delicious falafels, the crispy pita quarters, the roasted carrot wedges, and the homemade coconut tzatziki. Side with the fresh salad and the hummus for dunking. Feast to your heart's content, Chef!



## Chef's Tip

Air fryer method: Coat the carrot wedges in oil and season. Air fry at 200°C until crispy, 25-30 minutes.

## Nutritional Information

Per 100g

Energy	477kJ
Energy	114kcal
Protein	3.9g
Carbs	18g
of which sugars	3.1g
Fibre	4.5g
Fat	1.9g
of which saturated	0.6g
Sodium	248mg

## Allergens

Gluten, Allium, Sesame, Wheat, Sulphites

Eat  
Within  
3 Days