



UCOOK

Tex-mex Buddha Bowl

with a carrot slaw & piquanté peppers

The Buddha bowl has teamed up with Tex-Mex to create this unique, vegan, and super tasty dish! A zingy cabbage & carrot slaw is topped with crispy falafel and served with a corn, black bean & piquanté pepper chilli. It is finished off with a cashew cream cheese dressing and chilli flakes for a fusion taste extravaganza!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Lauren Todd

 Veggie

 Creation Wines | Creation
Viognier/Roussanne

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Ingredients & Prep

55g	Outcast Classic Falafel Mix
2,5ml	Vegetable Stock
20g	Green Leaves <i>rinsed & roughly shredded</i>
100g	Cabbage <i>rinsed & thinly sliced</i>
120g	Carrot <i>rinsed, peeled (optional), trimmed & grated</i>
15ml	Lemon Juice
45ml	Cashew Nut Cream Cheese
40g	Corn
120g	Black Beans <i>drained & rinsed</i>
15g	Piquanté Peppers <i>drained & roughly chopped</i>
2,5ml	Dried Chilli Flakes

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. FALAFEL & STOCK Boil the kettle. In a bowl, combine the falafel mix, a pinch of salt, and 100ml of boiling water. Mix, but not for longer than 30 seconds. Cover and set aside for at least 10 minutes. Dilute the stock with 65ml of boiling water and set aside.

2. SLAW & DRIZZLE In a salad bowl, toss together the shredded green leaves, the thinly sliced cabbage, the grated carrot, a drizzle of olive oil, and the lemon juice. Set aside. Loosen the cashew cream cheese with water in 5ml increments until drizzling consistency. Season and set aside.

3. SPICY BEANS & CORN Place a pan over high heat with a drizzle of oil. When hot, fry the corn and the drained black beans until slightly charred, 3-5 minutes (shifting occasionally). Lower the heat and stir in the diluted stock, the chopped peppers, and ½ the chilli flakes (to taste). Simmer until slightly reduced, 1-2 minutes. Add a sweetener and seasoning. Transfer to a bowl, cover, and set aside.

4. FALAFEL FUN Roll the falafel mixture into 4-5 balls and gently flatten to form mini patties. Wipe down the pan and return to 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. BUDDHA BOWLED OVER! Plate up the zingy slaw and the spicy beans & corn. Top with the crispy falafels and a drizzle of the cashew cream cheese dressing. Finish it off with any remaining chilli flakes (to taste). Dig in, Chef!



Chef's Tip

Draining and rinsing tinned beans before use drastically reduces the amount of sodium added to your meal.

Nutritional Information

Per 100g

Energy	454kj
Energy	109kcal
Protein	4.5g
Carbs	14g
of which sugars	3.4g
Fibre	5g
Fat	2.7g
of which saturated	0.2g
Sodium	220mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 3
Days