



UCOOK

Falafels & Marmalade-glazed Carrots

with pearled barley & coconut yoghurt

You know how the saying goes, Chef! "A wise bear always keeps a marmalade sandwich in his hat in case of emergency". Inspired by this tasty piece of advice, we've created a marmalade-glazed carrot salad, tossed with crispy leaves on a bed of pearled barley. Served with golden Outcast Falafels and dollops of coconut yoghurt.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha du Toit

Veggie

Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc

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Ingredients & Prep

240g	Carrot <i>rinse, trim, peel & cut into wedges</i>
20ml	Marmalade
10ml	Honey
75ml	Pearled Barley <i>rinse</i>
10g	Almonds
6	Outcast Falafels
20g	Salad Leaves <i>rinse & roughly shred</i>
50g	Cucumber <i>rinse & roughly dice</i>
40ml	Coconut Yoghurt
10ml	Lemon Juice

From Your Kitchen

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

1. SWEET CARROTS Preheat the oven to 200°C. 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). In a bowl, mix together the marmalade and the honey. Loosen with a splash of hot water if too thick. In the final 10 minutes, baste the carrot with the sweet marmalade.

2. BEGIN THE BARLEY Place the pearled barley in a pot with 250ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until al dente, 25-30 minutes (stirring occasionally). Drain and cover.

3. ALL THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. FRY THE FALAFELS Return the pan to medium heat with enough oil to cover the base. When hot, fry the falafels until golden and crispy, 2-3 minutes per side. Remove from the pan and drain on paper towel.

5. BRING IT TOGETHER Plate up the pearled barley. Top with the glazed carrot, the shredded salad leaves, and the crispy falafels. Scatter over the diced cucumber and the toasted almonds. Dollop over the coconut yoghurt and drizzle over the lemon juice (to taste).

Nutritional Information

Per 100g

Energy	504kj
Energy	121kcal
Protein	3.2g
Carbs	21g
of which sugars	7.6g
Fibre	4.9g
Fat	2.1g
of which saturated	0.8g
Sodium	116mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Eat
Within
3 Days