



# UCCOOK

## Falafel Buddha Bowl

with black beans & avocado

**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

**Veggie:** Serves 1 & 2

**Chef:** Lauren Nel

**Wine Pairing:** Waterford Estate | Waterford Old Vine  
Chenin Blanc

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 582kj    | 4421kj      |
| Energy             | 139kcal  | 1058kcal    |
| Protein            | 4.4g     | 33.4g       |
| Carbs              | 19g      | 143g        |
| of which sugars    | 2.2g     | 16.4g       |
| Fibre              | 6.2g     | 47.2g       |
| Fat                | 5.1g     | 38.4g       |
| of which saturated | 0.9g     | 6.5g        |
| Sodium             | 146mg    | 1111mg      |

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

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                     |
|----------|------------|-------------------------------------------------------------------------------------|
| 250g     | 500g       | Butternut<br><i>rinse, deseed, peel (optional) &amp; cut into bite-sized pieces</i> |
| 55g      | 110g       | Outcast Falafel Classic Mix                                                         |
| 75ml     | 150ml      | Bulgur Wheat                                                                        |
| 50g      | 100g       | Corn                                                                                |
| 10ml     | 20ml       | NOMU Mexican Spice Blend                                                            |
| 60g      | 120g       | Black Beans<br><i>drain &amp; rinse</i>                                             |
| 1        | 1          | Avocado<br><i>cut in half &amp; thinly slice ½ [1]</i>                              |
| 20g      | 40g        | Piquanté Peppers<br><i>drain</i>                                                    |
| 30ml     | 60ml       | Greek Yoghurt                                                                       |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel

**1. BUTTERNUT** Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. MIX THE FALAFEL MIX** Boil the kettle. In a bowl, combine the falafel mix, a pinch of salt, and 100ml [200ml] of boiling water. Mix, but not for longer than 30 seconds. Cover and set aside for at least 10 minutes.

**3. BEGIN THE BULGUR WHEAT** Place the bulgur wheat in a pot with 150ml [300ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside.

**4. PERFECT PATTIES** Roll the falafel mixture into 4-5 balls per portion 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, drain on paper towel, and cover to keep warm.

**5. CORN & BEANS** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). In the final 1-2 minutes, add the NOMU spice blend and seasoning. Remove from the pan and set aside. Return the pan to medium heat with a drizzle of oil if necessary. Fry the beans until warmed through, 3-5 minutes. Remove from the pan and mix with corn.

**6. BOWL 'EM OVER** Bowl up the bulgur. Neatly arrange the corn mixture, falafels, butternut and avocado slices around it in separate sections, (buddha bowl style). Scatter over the pickled peppers and finish with dollops of the yoghurt. Well done, Chef!

**Chef's Tip** Slightly warm the falafels and corn mixture before plating for a lovely contrast against the cool, creamy elements.