



UCOOK

Herby Falafel Tortillas

with coriander pesto & tahini-chilli relish

This falafel recipe is the definition of tasty fast food – loaded with a pickled cabbage, carrot and pea slaw, falafels flavoured with coriander pesto, crispy oven-roasted chickpeas, and drizzles of that perfect tahini-chilli dressing. Just load up the tortillas, tuck in, and munch away!

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

 Vegetarian

 Cavalli Estate | White Knight

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Ingredients & Prep

55g	Outcast Classic Falafel Mix
120g	Chickpeas <i>drained & rinsed</i>
7,5ml	NOMU One For All Rub
50g	Peas
75g	Shredded Cabbage & Julienne Carrot
40ml	Pickling Liquid <i>(10ml Maple Syrup & 30ml White Wine Vinegar)</i>
15ml	The Real Food Factory Coriander & Hemp Pesto
20ml	Tahini
20g	Jalapeño Relish
2	Wheat Flour Tortillas
5g	Fresh Mint <i>rinsed, picked & finely chopped</i>

From Your Kitchen

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

1. GET THE CHICKPEAS IN THE OVEN Preheat the oven to 180°C. Boil the kettle for step 2. Place the drained chickpeas on a roasting tray. Coat in oil and the One For All Rub. Spread out in a single layer and roast in the hot oven for 15-20 minutes until crispy and caramel in colour.

2. PICKLED SLAW & MAGIC FALAFEL Submerge the peas in boiling water for 2-3 minutes until heated. Drain and place in a bowl with ½ of the cabbage and carrot. Add in the pickling liquid, 1 tbsp of water, and seasoning. Toss to coat and set aside to pickle. Place the falafel mix in a bowl with ½ of the coriander pesto, a pinch of salt, and 100ml of boiling water. Mix well, but not for longer than about 30 seconds. Cover and set aside to rehydrate for at least 10 minutes. Loosen the remaining coriander pesto with 10ml of olive oil. Season to taste and set aside for serving.

3. A FLASH IN THE PAN Place a pan over a high heat with a drizzle of oil. When hot, flash fry the remaining cabbage and carrot for 1-2 minutes until slightly wilted but still crunchy. Transfer to a bowl on completion, cover to keep warm, and set aside. Drain the pickling liquid from the slaw and reserve. Combine the tahini in a bowl with the pickling liquid, jalapeño relish and seasoning — all to taste. If it's too thick, loosen with water in 5ml increments until drizzling consistency.

4. SIZZLE THE PATTIES Roll the falafel mixture into 4-5 small balls and gently flatten to form mini patties. Return the pan to a medium heat with enough oil to cover the base. When hot, fry the patties for 3-4 minutes per side until crispy, turning when they start to brown. Remove on completion and drain on paper towel. Halve when cool enough to handle.

5. NEARLY THERE... Wipe down the pan and return it to a medium heat. When hot, dry toast the tortillas one at a time for about 30 seconds per side until lightly golden. Remove from the pan on completion.

6. THAT'S A WRAP, CHEF! Smear the remaining coriander pesto across the tortillas and pile up the fried cabbage and carrot in the centre. Top with the spiced falafels, pickled slaw, and roast chickpeas. Finish with drizzles of tahini-chilli dressing and sprinklings of chopped mint. Fold up and eat up!



Chef's Tip

Rinsing tinned beans and legumes before use reduces the amount of sodium and sugar content you're adding to your meal while improving the flavour and texture.

Nutritional Information

Per 100g

Energy	838kJ
Energy	200Kcal
Protein	7.4g
Carbs	26g
of which sugars	6.1g
Fibre	6.7g
Fat	6.2g
of which saturated	1.2g
Sodium	403mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat,
Sulphites, Tree Nuts, Soy

Cook
within 3
Days