



UCOOK

Vibrant Veggie Mezze Platter

with crispy falafel balls, coconut tzatziki & golden pita chips

A little bit of everything! Crunchy pita, creamy coconut tzatziki, delicious baked falafel balls, mutabal (similar to baba ganoush but made from roasted aubergine) with loads of garlic, lemon juice and tahini. Topped with kalamata olives and fresh radish, this platter is truly a-mezze-ing!


Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Vegetarian

 Niel Joubert | Grüner Veltliner

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Ingredients & Prep

250g	Aubergine <i>rinsed, trimmed & halved lengthways</i>
55g	Outcast Classic Falafel Mix
25g	Pitted Kalamata Olives <i>drained & roughly chopped</i>
20g	Radish <i>rinsed & sliced into thin rounds</i>
1	Plum Tomato <i>diced</i>
50g	Cucumber <i>grated & liquid squeeze out (see Chef's Tip)</i>
40ml	Coconut Yoghurt
1	Garlic Clove
7,5ml	Tahini
60g	Butter Beans <i>drained & rinsed</i>
1	Lemon <i>½ cut into wedges</i>
1	Pita Bread <i>defrosted</i>
20g	Salad Leaves <i>rinsed</i>

From Your Kitchen

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

1. PREP Preheat the oven to 220°C. Boil the kettle. Place the aubergine halves on a roasting tray, coat in oil, and season. Roast, flat-side down, in the hot oven for 30-35 minutes until softened, shifting halfway. Place the falafel mix in a shallow bowl with some seasoning to taste and 100ml of boiling water. Mix well to combine, but not for longer than about 30 seconds. Cover with a plate and set aside for at least 10 minutes.

2. SALAD & TZATZIKI In a bowl, combine the chopped olives, radish rounds and diced tomato with a drizzle of oil and some seasoning. In a separate small bowl, combine the grated cucumber and coconut yoghurt with seasoning.

3. FALAFEL When the aubergines have 10 minutes remaining, place the whole, unpeeled garlic clove on the roasting tray and cook for the remaining time, until softened. Lightly oil or wet your hands to prevent the falafel mixture from sticking to them. Roll into 4-5 balls and gently flatten each ball to form mini patties. Place a pan over a medium heat with enough oil to cover the base. When hot, fry the patties for 3-4 minutes per side until crispy and cooked through, turning when they start to colour. Remove from the pan on completion and set aside to drain on paper towel.

4. MUTABAL When the aubergine and garlic are done, remove the flesh and discard the skins (from both the garlic and aubergine) - be careful it will be hot. Place the aubergine and garlic flesh into a blender along with the tahini, the drained beans, a drizzle of oil, a squeeze of lemon juice (to taste) and some seasoning. Blend until the desired consistency, adding an extra drizzle of oil if necessary.

5. PITA Return the pan, wiped down, to a medium heat. When hot, warm the pitas for about 30-60 seconds per side until heated through and lightly toasted. If you'd prefer – toast the pitas in the oven for 3-4 minutes until heated through and crisp. Stack the heated ones on top of one another to keep warm. When cool enough to handle, slice in quarters. Toss the rinsed salad leaves with the dressed tomatoes and radish.

6. YUM! Plate up the delicious falafel, crispy pitas and a dollop of your homemade coconut tzatziki. Side with the fresh salad and the aubergine mutabal. Garnish with the remaining lemon wedge on the side. Feast to your heart's content!



Chef's Tip

To extract the liquid from the grated cucumber, a clean kitchen towel is the most effective thing to use. You want it to be as dry as possible so that it doesn't dilute the flavour of the coconut yoghurt!

Nutritional Information

Per 100g

Energy	380kj
Energy	91Kcal
Protein	3.3g
Carbs	14g
of which sugars	2.7g
Fibre	4.2g
Fat	1.6g
of which saturated	0.4g
Sodium	185mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites

Cook
within
4 Days