



Eat Within 4 Days

UCCOOK

Fusion Falafel Bowl

with corn & avo hummus

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Veggie: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Neil Ellis Wines | Neil Ellis Groenekloof Syrah

Nutritional Info

	Per 100g	Per Portion
Energy	367kJ	3165kJ
Energy	88kcal	757kcal
Protein	3g	26.1g
Carbs	15g	131g
of which sugars	2.5g	22g
Fibre	3.1g	26.9g
Fat	1.4g	12.4g
of which saturated	0.3g	2.9g
Sodium	138mg	1194mg

Allergens: Allium

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	White Basmati Rice <i>rinse</i>
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>
2	2	Onions <i>peel, finely dice ½ & finely slice 1</i>
2	2	Bell Peppers <i>rinse, deseed, finely dice ½ & cut ½ into thin strips</i>
150g	200g	Corn
180g	240g	Black Beans <i>drain & rinse</i>
15ml	20ml	NOMU Mexican Spice Blend
60ml	80ml	Lemon Juice
2	2	Tomatoes <i>rinse & finely dice</i>
150ml	200ml	Avocado Hummus
18	24	Outcast Falafels

From Your Kitchen

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

1. CORIANDER RICE Place the rice in a pot with 450ml [600ml] of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Add 1/2 the coriander, fluff with a fork and cover.

2. MMMEXICAN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sliced onion and the pepper strips until golden, 10-12 minutes (shifting occasionally). Add the corn, the beans, and the NOMU spice blend and fry until charred, 6-8 minutes (shifting occasionally). Season, remove from the pan and set aside.

3. LET'S SALSA In a bowl, combine ½ the lemon juice (to taste), the diced onion (to taste), the diced peppers, the tomato, a drizzle of olive oil and seasoning. Set aside.

4. AVO HUMMUS In a bowl, loosen the avo hummus with water in 5ml increments until drizzling consistency. Season and set aside.

5. CRISPY FALAFELS Place a pan over 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.

6. SET THE TABLE Make a bed of the coriander rice and top with the falafels and the charred veg & beans. Serve alongside the salsa and dollop with the avo hummus. Garnish with the remaining coriander.