



# QCOOK

## Vibrant Mezze Platter

with crispy falafel, homemade coconut tzatziki & golden pita chips

**Hands-on Time:** 20 minutes

**Overall Time:** 45 minutes

**Veggie:** Serves 1 & 2

**Chef:** Megan Bure

**Wine Pairing:** Neil Ellis Wines | Neil Ellis West Coast Sauvignon Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	470kj	2595kj
Energy	112kcal	621kcal
Protein	3.8g	20.9g
Carbs	17g	95g
of which sugars	3.3g	18.1g
Fibre	4.5g	24.6g
Fat	2.1g	11.3g
of which saturated	0.6g	3.2g
Sodium	289mg	1595mg

**Allergens:** Sulphites, Peanuts, Gluten, Sesame, Tree Nuts, Wheat, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
120g	240g	Carrot <i>rinse, trim, peel &amp; cut into wedges</i>
55g	110g	Outcast Falafel Classic Mix
20g	40g	Pitted Kalamata Olives <i>drain &amp; roughly chop</i>
1	1	Tomato <i>rinse &amp; roughly dice</i>
20g	40g	Pickled Onions <i>drain &amp; finely slice</i>
50g	100g	Cucumber <i>rinse, grate &amp; squeeze out the liquid</i>
30ml	60ml	ButtaNutt Coconut Yoghurt
30ml	60ml	Hummus
5ml	10ml	Old Stone Mill Dukkah Spice
1	2	Pita Bread/s
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

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

**1. READY THE ROAST** Preheat the oven to 200°C. Boil the kettle. 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). Alternatively, air fry at 200°C until crispy, 25-30 minutes.

**2. MIX THINGS UP** In a shallow bowl, combine the falafel mix, seasoning, and 100ml [200ml] of boiling water. Mix until combined, but not for longer than about 30 seconds. Cover with a plate and set aside for at least 10 minutes.

**3. FRESH & REFRESHING** In a bowl, combine the olives, the tomato, the pickled onion, a drizzle of olive oil, and seasoning. In a separate small bowl, combine the cucumber, the coconut yoghurt, and seasoning. In another small bowl, combine the hummus with the dukkah, and season.

**4. FRY THE FALAFEL** Lightly oil or wet your hands to prevent the falafel mixture from sticking to them. 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 and drain on paper towel.

**5. PITA PARTY** Return the pan, wiped down, to medium heat. Toast the pita/s until heated through, 30-60 seconds per side. Alternatively, place it on a plate and heat up in the microwave, 30-60 seconds. Slice into quarters. In a bowl, combine the salad leaves and the dressed tomatoes and olives.

**6. YUM!** Plate up the delicious falafels, the crispy pita quarters, the carrot wedges, and the homemade coconut tzatziki. Side with the fresh salad and the hummus for dunking. Feast to your heart's content, Chef!