



UCOOK

Fabulous Falafel Feast

with caramelised carrots, avo hummus & flaked almonds

Maximise that crunch factor! Snappy piquanté peppers, the crackle of toasted almonds, and unbeatable crispy falafel; spread over Cajun-spiced bulgur wheat and drizzled with mint yoghurt and smooth, sultry avo hummus.

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Alex Levett

 Vegetarian

 Warwick Wine Estate | First Lady Pinotage

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

360g	Carrot <i>trimmed & cut lengthways into long wedges</i>
45g	Flaked Almonds
2	Onions <i>1½ peeled & roughly diced</i>
225ml	Bulgur Wheat
30ml	NOMU Cajun Rub
165g	Outcast Crazy Falafel Mix
150ml	Plain Yoghurt
30ml	Willow Creek Cabernet Sauvignon Vinegar
20g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
150ml	Avocado Hummus
60g	Piquanté Peppers <i>drained & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Sugar/Sweetener/Honey

1. CARAMELISED CARROTS Preheat the oven to 200°C. Place the carrot wedges on a roasting tray. Coat in oil and some seasoning. Roast in the hot oven for 35-40 minutes until cooked through and becoming crispy, shifting halfway.

2. TOASTED ALMONDS Place the slivered almonds in a large pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. CAJUN-SPICED BULGUR Boil a full kettle. Return the pan to a medium heat with a drizzle of oil. When hot, fry the diced onion for 3-4 minutes until soft and translucent, shifting occasionally. Remove from the pan on completion and place in a large, shallow bowl. Add the bulgur wheat to the bowl with the Cajun Rub to taste. Submerge in 450ml of boiling water, add a drizzle of oil, and gently stir. Cover with a plate and set aside to steam for 15-20 minutes. Once cooked, fluff up with the fork and season to taste. Replace the plate and set aside to keep warm until serving.

4. FALAFEL & DRESSINGS Place the falafel mix in a shallow bowl with some seasoning to taste and 300ml 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. In a bowl, combine the yoghurt, the cab sauv vinegar, $\frac{3}{4}$ of the chopped mint, seasoning and a sweetener of choice to taste. Place the avo hummus in a separate bowl. Loosen with water in 5ml increments until drizzling consistency and season to taste. Set both dressings aside for serving.

5. FRY THE FALAFEL Lightly oil or wet your hands to prevent the falafel mixture from sticking to them. Roll into 4-5 balls per portion and gently flatten each ball 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 and cooked through, turning when they start to colour. Remove from the pan on completion and set aside to drain on paper towel. You may need to do this step in batches.

6. BLISSFUL FALAFEL BOWL Make a bed of spiced bulgur wheat. Cover with the caramelised carrot wedges and chopped piquanté peppers. Pop the crispy falafel on top, drizzle over the avo hummus, and dollop with the minty yoghurt. Garnish with the toasted, slivered almonds and the remaining chopped mint. Enjoy!



Chef's Tip

For this recipe, you can peel your carrots when prepping them if you don't like the skin — and you have the extra time and energy!

Nutritional Information

Per 100g

Energy	581kJ
Energy	139Kcal
Protein	5.2g
Carbs	22g
of which sugars	4.8g
Fibre	7g
Fat	2.9g
of which saturated	0.3g
Sodium	293mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Tree Nuts, Alcohol

Cook
within 3
Days