

QCOOK

Crispy Falafel & Hummus

with a pickled onion & cucumber salad

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Calorie Conscious: Serves 1 & 2

Chef: Jade Summers

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 344kj | 1911kj |
| Energy | 82kcal | 457kcal |
| Protein | 3.7g | 20.7g |
| Carbs | 9.2g | 51.4g |
| of which sugars | 2.4g | 13.4g |
| Fibre | 3.4g | 18.7g |
| Fat | 3g | 16.4g |
| of which saturated | 0.9g | 5.1g |
| Sodium | 247mg | 1372mg |

Allergens: Sulphites, Sesame, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 10g | 20g | Almonds |
| 6 | 12 | Outcast Falafels |
| 20g | 40g | Salad Leaves <i>rinse & roughly shred</i> |
| 1 | 2 | Tomato/es <i>rinse & cut into wedges</i> |
| 20g | 40g | Pickled Onions <i>drain & thinly slice</i> |
| 100g | 200g | Cucumber <i>rinse & cut into half-moons</i> |
| 60g | 120g | Black Beans <i>drain & rinse</i> |
| 20g | 40g | Piquanté Peppers <i>drain</i> |
| 50ml | 100ml | Low Fat Plain Yoghurt |
| 50ml | 100ml | Hummus |

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Paper Towel

Cooking Spray

1. ALL THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. FRY THE FALAFELS Return the pan over medium heat and coat with cooking spray. When hot, fry the falafels until golden and crispy, 2-3 minutes per side. Remove from the pan, drain on paper towel, and halve.

3. VEGGIE MEDLEY & YOGHURT DRIZZLE To a bowl, add the salad leaves, the tomato, the pickled onions, the cucumber, the beans, and the piquanté peppers. In a separate bowl, loosen the yoghurt with water in 5ml increments until drizzling consistency. Season well.

4. PLATE UP DELICIOUSNESS Smear half of the plate with the hummus and top with the crispy falafel patties. Side with the pickled onion and cucumber salad. Drizzle over the yoghurt and sprinkle over the almonds. Enjoy!