



QCOOK

Falafel Wrap

with mayo & cucumber

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	717kJ	1651kJ
Energy	172kcal	395kcal
Protein	4.8g	11g
Carbs	18g	41g
of which sugars	3.6g	8.4g
Fibre	5.2g	11.9g
Fat	8g	18.5g
of which saturated	1.9g	4.4g
Sodium	429mg	987mg

Allergens: Gluten, Allium, Wheat, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Wheat Flour Tortillas
18	24	Outcast Falafels
60ml	80ml	Mayo
30g	40g	Salad Leaves <i>rinse</i>
30g	40g	Piquanté Peppers <i>drain</i>
150g	200g	Cucumber <i>rinse & cut into half-moons</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

- 1. WARMING UP** Place the tortillas on a plate and sprinkle with droplets of water. Heat in the microwave until softened, 15 seconds.
- 2. HEAT THE FALAFELS** Place the falafels on a plate and microwave in 30 second bursts until heated through and steaming. Set aside to cool slightly.
- 3. SMOKIN LUNCH** Lay down the tortillas and smear with mayo. Top with the leaves, the falafels, the peppers and the cucumber. Fold up and dig in, Chef!