



UCOOK

Falafels & Marmalade Carrots

with pearled barley & coconut yoghurt

We show you a whole new world of making sweet carrots, with a marmalade & honey glaze that makes these oven roasted wedges glisten with deliciousness. Served with fresh greens, crispy, golden falafels, cooling cucumber, nutty almonds, and a smooth coconut yoghurt drizzle. Finishes with a zesty squeeze of lemon juice.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Samantha du Toit

Veggie

Groote Post Winery | Groote Post Brut Rosé MCC

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Ingredients & Prep

720g	Carrot <i>rinse, trim, peel & cut into wedges</i>
60ml	Marmalade
30ml	Honey
225ml	Pearled Barley <i>rinse</i>
30g	Almonds
18	Outcast Falafels
60g	Green Leaves <i>rinse & roughly shred</i>
150g	Cucumber <i>rinse & roughly dice</i>
125ml	Coconut Yoghurt
1	Lemon <i>rinse, zest & cut into wedges</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. SWEET CARROTS Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). In a bowl, mix together the marmalade and the honey. Loosen with a splash of hot water if too thick. In the final 10 minutes, baste the carrot with the sweet marmalade.

2. BEGIN THE BARLEY Place the pearled barley in a pot with 750ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until al dente, 25-30 minutes (stirring occasionally). Drain and cover.

3. 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.

4. FRY THE FALAFELS Return the pan to 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.

5. BRING IT TOGETHER Plate up the pearled barley. Top with the glazed carrot, the shredded green leaves, and the crispy falafels. Scatter over the diced cucumber and the toasted almonds. Dollop over the coconut yoghurt and drizzle over a squeeze of lemon juice. Garnish with the lemon zest (to taste). Serve any remaining lemon wedges on the side.

Nutritional Information

Per 100g

Energy	408kj
Energy	98kcal
Protein	2.7g
Carbs	18g
of which sugars	5.9g
Fibre	4.6g
Fat	1.7g
of which saturated	0.6g
Sodium	88mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Eat
Within
4 Days