



# UCOOK

## Fresh Falafel Bowl

with brown basmati rice & miso dressing

A bed of brown basmati rice is topped with shredded cabbage, diced cucumber, and golden falafel patties. The grand finale? A lavish drizzle of miso-peanut dressing, toasted almonds, and a sprinkle of fresh coriander. It's a bowl of bliss that's as delicious as it is beautiful!

---

**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes

---

**Serves:** 3 People

---

**Chef:** Jade Summers

---

 Veggie

---

 Strandveld | First Sighting Sauvignon Blanc

---

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

## Ingredients & Prep

---

225ml	Brown Basmati Rice <i>rinsed</i>
165g	Outcast Classic Falafel Mix
45g	Almonds
150ml	Coconut Yoghurt
45ml	Peanut Butter
75ml	Dressing <i>(30ml Mirin &amp; 45ml Miso Paste)</i>
8g	Fresh Coriander <i>rinsed, picked &amp; finely chopped</i>
300g	Cabbage <i>rinsed &amp; thinly sliced</i>
300g	Cucumber <i>rinsed &amp; roughly diced</i>

## From Your Kitchen

---

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

**1. NICE RICE** Place the rinsed rice in a pot with 450ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. MIX & REST** Boil the kettle. In a bowl, combine the falafel mix, a pinch of salt, and 300ml of boiling water. Mix, but not for longer than 30 seconds. Cover and set aside for at least 10 minutes.

**3. TOASTED 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. GET DRESSED** In a small bowl, combine the coconut yoghurt, the peanut butter, the dressing, ½ the chopped coriander, and seasoning. Loosen with water in 5ml increments until drizzling consistency and set aside.

**5. FRY THE FALAFELS** Roll the falafel mixture into 4-5 balls per portion and gently flatten to form mini patties. Return the pan to medium heat with enough oil to cover the base. When hot, fry the falafel patties until golden and crispy, 2-3 minutes per side. Remove from the pan and drain on paper towel.

**6. GET BOWLED OVER!** Time to plate up buddha bowl style! Make a bed of cooked rice. Top with the sliced cabbage, the diced cucumber, and the falafel patties alongside one another. Generously drizzle over the miso-peanut dressing. Garnish with the toasted almonds and the remaining coriander.

## Nutritional Information

Per 100g

---

Energy	705kj
Energy	169kcal
Protein	5.9g
Carbs	22g
of which sugars	4.1g
Fibre	6.2g
Fat	5.2g
of which saturated	1g
Sodium	296mg

---

## Allergens

Gluten, Allium, Peanuts, Wheat, Sulphites, Tree Nuts, Alcohol, Soy

Cook  
within  
4 Days