

WCOOK

Middle Eastern Falafel Flatbread

with red pepper hummus, tzatziki & piquanté peppers

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Veggie: Serves 1 & 2

Chef: Morgan Otten

Wine Pairing: Piekenierskloof | Grenache Noir

Nutritional Info

	Per 100g	Per Portion
Energy	603kJ	3265kJ
Energy	144kcal	781kcal
Protein	5.2g	28.2g
Carbs	22g	118g
of which sugars	5.1g	27.5g
Fibre	4.8g	25.8g
Fat	3g	16.4g
of which saturated	0.5g	2.9g
Sodium	274mg	1486mg

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

Spice Level: None

Eat Within 4 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>trim, peel & cut into bite-sized pieces</i>
55g	110g	Outcast Classic Falafel Mix
10g	20g	Almonds <i>roughly chop</i>
1	2	Naan Breads
50ml	100ml	Red Pepper Hummus
20g	40g	Piquanté Peppers <i>drain</i>
15g	30g	Pitted Dates <i>roughly chop</i>
50ml	100ml	Tzatziki
3g	5g	Fresh Mint <i>rinse, pick & roughly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. BEGIN WITH BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C for 15-20 minutes or until cooked through and golden (shifting halfway).

2. MIX THINGS UP Boil the kettle. In a shallow bowl, combine the falafel mix, a pinch of salt, and 100ml [200ml] of boiling water. Cover with a plate and set aside for at least 10 minutes.

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

4. FRY THE FALAFEL Roll the falafel mixture into 4-5 balls. Gently flatten to form mini patties. Return the pan to a medium heat with enough oil to cover the base. Fry the falafel patties until crispy, 1-2 minutes per side. Remove from the pan and drain on paper towel. Cut the falafels in half.

5. IT'S SECOND TO NAAN Place a clean pan over a medium heat. When hot, toast the flatbreads until golden, 1-2 minutes per side. In a small bowl, loosen the red pepper hummus with a splash of olive oil or water and season.

6. DINNER TIME! Plate up the toasted flatbread, and smear over the hummus. Top with the roasted butternut and falafels. Scatter over the peppers and the dates. Dollop over the tzatziki. Finish it off with a sprinkle of toasted almonds, and garnish with the mint. Well done, Chef!