



# UCOOK

## Moreish Middle Eastern Salad

with dukkah crusted feta & mini falafel balls

This moreish salad is made up of pickled dates and red onion, dukkah crusted feta, golden sumac pita croutons, crunchy green beans, roasted beetroot, mini Outcast beetroot falafel balls and fresh mint. Served on a bed of mixed leaves - fresh and summery!

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**Hands-On Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People


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**Chef:** Alex Levett

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 Vegetarian

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 Anthonij Rupert | Cape of Good Hope Altima  
Sauvignon Blanc

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## Ingredients & Prep

600g	Beetroot <i>trimmed, peeled (optional) &amp; cut into bite-sized chunks</i>
165g	Outcast Beetroot Falafel Mix
60g	Pitted Dates <i>halved</i>
2	Red Onions <i>1½ peeled &amp; finely sliced</i>
7,5ml	Sumac
90ml	White Wine Vinegar
45ml	Dukkah
120g	Danish-style Feta <i>drained</i>
240g	Green Beans <i>rinsed, trimmed &amp; sliced into thirds</i>
2	Pita Bread <i>1½ torn into bite sized chunks</i>
12g	Fresh Mint <i>rinsed &amp; picked</i>
60g	Salad Leaves <i>rinsed</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Butter

**1. GET GOING** Preheat the oven to 200°C. Wash the beetroot, trim the ends, and cut into bite-size chunks. Place the beetroot on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and becoming crispy. Place the falafel mix in a bowl with a pinch of salt, and 300ml of boiling water. Mix well, but not for longer than about 30 seconds. Cover and set aside to rehydrate for at least 10 minutes.

**2. PICKLE & COAT** In a bowl, add the halved dates, the sliced red onion, a ¼ of the sumac, and the white wine vinegar. Toss until fully combined. Set aside to pickle. In a separate bowl, add the dukkah and the drained feta. Toss until the feta is fully coated in the dukkah. Reserve the remaining dukkah for plating.

**3. FRYING TIME** Place a pan over a medium-high heat with a splash of water. When starting to bubble, simmer the sliced green beans for 4-5 minutes until cooked al dente. Toss with a drizzle of oil and some seasoning. Remove from the pan on completion. Roll the falafel mixture into 4-5 mini falafel balls per portion. Return the pan to a medium heat with enough oil to cover the base. When hot, fry the balls for 3-4 minutes per side until crispy, turning when they start to brown. Remove on completion and set aside to drain on some paper towel.

**4. ALMOST THERE...** Drain the excess oil from the pan and return to a medium heat, with a knob of butter. Once hot, add the pita chunks and fry for 4-6 minutes, until crunchy and golden brown, shifting occasionally. Drain on paper towel and season with the remaining sumac and some seasoning.

**5. ALL TOGETHER NOW** Drain the vinegar from the dates and red onion, and pour the vinegar in a salad bowl. Stir in 1½ tsp of a sweetener of choice and 30ml of olive oil. Add in the rinsed green leaves, the roasted beetroot, the sautéed green beans, the pickled veg, and ½ the mint leaves. Toss to combine.

**6. WOW!** Serve the dressed salad and garnish with the dukkah crusted feta, sumac pita croutons, falafel balls, and the remaining mint leaves. Sprinkle over any remaining dukkah and tuck in!



## Chef's Tip

To make the salad dressing, place the ingredients in a clean jar, close the lid tightly, and shake!

## Nutritional Information

Per 100g

Energy	494kJ
Energy	118Kcal
Protein	4.7g
Carbs	14g
of which sugars	4.7g
Fibre	4.8g
Fat	4g
of which saturated	1.4g
Sodium	276mg

## Allergens

Gluten, Dairy, Allium, Sesame, Peanuts, Wheat, Sulphites, Tree Nuts

Cook  
within 1  
Day