



UCOOK

Leopard's Leap Authentic Falafel Pita

with roasted sweet potato wedges &
hummus

Pita pockets spread with creamy hummus as a base, then layered with sweet caramelised onion, tangy slices of tomato, pickled gherkins, and crunchy fresh greens. Dip into the tahini for that perfect bite.


Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

 Veggie

 Leopard's Leap | Unwooded Chardonnay

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into wedges</i>
1	Onion <i>½ peeled & finely sliced</i>
1	White Pita Bread
15ml	Tahini
3	Nish Nush Falafel Balls
20g	Green Leaves <i>rinsed & finely shredded</i>
1	Tomato <i>½ sliced</i>
25g	Gherkins <i>drained & sliced</i>
45ml	Hummus
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. GET READY TO ROAST Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. TIME TO CARAMELISE Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, add the sliced onion and fry for 7-9 minutes until caramelised, shifting occasionally. At the halfway mark, add a sweetener of choice (to taste) to caramelise it further. Remove from the pan and cover to keep warm.

3. PITA POCKETS Return the pan, wiped down, to a medium heat. When hot, warm the pita for 30-60 seconds per side until heated through and lightly toasted. Alternatively, pop it on a plate and heat up in the microwave for 30-60 seconds. Slice the pita horizontally to make two pockets. Loosen the tahini with a splash of water and season.

4. CRISPY FLAVOUR BOMBS Return the pan to a medium-high heat with enough oil to cover the base. When hot, add the falafel balls and fry for 2-3 minutes per side until golden brown and crispy. Remove from the pan and drain on paper towel. Slice each ball in half.

5. A FULFILLING FILLING Fill the pita pockets with the shredded leaves, the sliced tomato, the caramelised onion, the sliced gherkins, and the falafel halves. Spoon over the hummus and sprinkle over the chopped parsley. Side with the roasted potato wedges and serve with the tahini for dunking. Beautiful, Chef!

Nutritional Information

Per 100g

Energy	548kJ
Energy	131kcal
Protein	4.6g
Carbs	19g
of which sugars	3.7g
Fibre	5.7g
Fat	2.6g
of which saturated	0.5g
Sodium	253mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 3
Days