



UCOOK

Deluxe Falafel & Hummus Pitas

with creamy tahini dressing, caramelised red onion & a zesty salsa

Middle Eastern pockets of warm, soft dough, packed with crispy falafels and fragrant hummus. Here, this timeless classic is bursting with even more flavour from silky caramelised onion, vibrant salsa, and a coconut cream and tahini dressing.

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Samantha Finnegan

 **Vegetarian**

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Ingredients & Prep

1	Red Onion <i>peeled</i>
100g	Cucumber <i>finely diced</i>
200g	Baby Tomatoes <i>rinsed & quartered</i>
8g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
30ml	Maple Syrup
110g	Outcast Classic Falafel Mix
30ml	Creamy Tahini <i>(20ml Tahini & 10ml Coconut Cream)</i>
1	Lemon <i>zested & cut into wedges</i>
3	Whole Wheat Pitas
60ml	Red Pepper Hummus
40g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. START WITH A LITTLE SALSA Boil the kettle for step 2. Finely dice half of the peeled onion and finely slice the remainder. Place the diced onion in a bowl with the diced cucumber, quartered baby tomatoes, and three-quarters of the chopped parsley. Add in half of the maple syrup, a drizzle of oil, the juice of 2 lemon wedges, and the lemon zest to taste. Toss to coat, season to taste, and set aside for serving.

2. QUICK FALAFEL PREP Place the falafel mix, a pinch of salt, and 200ml of boiling water in a shallow bowl. Mix well to combine, but not for longer than about 30 seconds. Cover with a plate and set aside for at least 10 minutes.

3. CARAMELISE THE ONION Place a nonstick pan over a medium heat with a drizzle of oil. When hot, fry the sliced onion for 9-12 minutes until soft and caramelised, shifting occasionally. At the halfway mark, add a sweetener of choice (to taste) to caramelise it further.

4. WHILE THE ONION IS FRYING... In a bowl, combine the creamy tahini and the remaining maple syrup. Loosen with water in 5ml increments until drizzling consistency. Mix in a squeeze of lemon juice, season to taste, and set aside for serving. Place a clean pan over a medium heat. When hot, warm the pitas for about 30-60 seconds per side until heated through and lightly toasted. Alternatively, pop them on a plate and heat up in the microwave for 30-60 seconds.

5. CRISP THE FALAFEL Once the onion is caramelised, transfer to a bowl, cover to keep warm, and set aside for serving. Roll the falafel mixture into 4-5 balls per portion and gently flatten to form mini patties. Return the pan to a medium heat with enough oil to cover the base. When hot, fry the falafel patties for 3-4 minutes per side until crispy, turning as they colour. Remove from the pan on completion and drain on some paper towel.

6. PITA PARTY! Cut the pitas in half and gently open up to make warm pockets. Scoop in some red pepper hummus and load up with the rinsed green leaves, caramelised onion, salsa, and crispy falafel. Finish off with a drizzle of tahini dressing and garnish with the remaining chopped parsley. Wow, Chef!



Chef's Tip

Spinach is rich in vitamin K. This micronutrient is vital for wound healing, bone health, important cognitive functions, and lowering blood pressure. Add baby spinach to sauces or smoothies for a vitamin K kick!

Nutritional Information

Per 100g

Energy	675kJ
Energy	161Kcal
Protein	5.2g
Carbs	27g
of which sugars	4.3g
Fibre	4.9g
Fat	2.4g
of which saturated	0.6g
Sodium	274mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites

Cook
within 1
Day