

UCCOOK

Crispy Falafels & Hummus

with a pickled onion & cucumber salad

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Veggie: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info

	Per 100g	Per Portion
Energy	413kJ	1609kJ
Energy	99kcal	385kcal
Protein	3.5g	13.7g
Carbs	10g	38g
of which sugars	3.1g	12.2g
Fibre	4g	15.6g
Fat	4.2g	16.2g
of which saturated	1.4g	5.5g
Sodium	302mg	1178mg

Allergens: Allium, Sesame, Sulphites, Tree Nuts

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
18	24	Outcast Falafels
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
240g	320g	Baby Tomatoes <i>rinse & cut in half</i>
60g	80g	Pickled Onions <i>drain & thinly slice</i>
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
60g	80g	Piquanté Peppers <i>drain</i>
150ml	200ml	Hummus
90ml	120ml	ButtaNutt Coconut Yoghurt
30g	40g	Almonds

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

1. FRY THE FALAFELS Place a pan over medium heat with enough oil to cover the base. When hot, fry the falafels until golden and crispy, 2-3 minutes per side. Remove from the pan and drain on paper towel.

2. VEGGIE MEDLEY & YOGHURT DRIZZLE To a bowl, add the leaves, the tomatoes, the pickled onions, the cucumber, and the piquanté peppers. In a separate bowl, loosen the coconut yoghurt with water in 5ml increments until drizzling consistency. Season.

3. PLATE UP DELICIOUSNESS Smear half of the plate with the hummus and top with the crispy falafel patties. Side with the pickled onion & cucumber salad. Drizzle over the coconut yoghurt and sprinkle over the almonds. Enjoy!