



# UCOOK

## Middle Eastern Falafel Flatbread

with red pepper hummus, tzatziki & piquanté peppers

On the menu tonight is a mouthwatering Middle Eastern inspired feast. Prepare for perfect bites made up of a base of toasted naan bread, a generous smear of red pepper hummus, layers of roasted, golden butternut chunks, crispy falafel halves, pops of sweet dates & creamy dollops of tzatziki to top it all off, together with fresh mint and crunchy almonds.

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**Hands-on Time:** 30 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People

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**Chef:** Morgan Otten

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Veggie

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Strandveld | Viognier

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## Ingredients & Prep

1kg	Butternut <i>trim, peel &amp; cut into bite-sized pieces</i>
220g	Outcast Classic Falafel Mix
60g	Almonds <i>roughly chop</i>
4	Naan Breads
160ml	Red Pepper Hummus
80g	Piquanté Peppers <i>drain</i>
60g	Pitted Dates <i>roughly chop</i>
125ml	Tzatziki
10g	Fresh Mint <i>rinse, pick &amp; roughly slice</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Paper Towel  
Seasoning (salt & pepper)

**1. BEGIN WITH BUTTERNUT** Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**2. MIX THINGS UP** Boil the kettle. In a shallow bowl, combine the falafel mix, a pinch of salt, and 400ml of boiling water. Cover with a plate and set aside for at least 10 minutes.

**3. ALL OF THE ALMONDS** Place the chopped 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 per portion. 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 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 naan until golden, 1-2 minutes per side. In a small bowl, loosen the red pepper hummus with a splash of water and season.

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

## Chef's Tip

Air fryer method: Coat the butternut pieces in oil and season. Air fry at 200°C for 15-20 minutes or until cooked through and crispy.

## Nutritional Information

Per 100g

Energy	635kJ
Energy	152kcal
Protein	5.2g
Carbs	22g
of which sugars	5.2g
Fibre	5g
Fat	3.5g
of which saturated	0.5g
Sodium	266mg

## Allergens

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

Eat  
Within  
4 Days