

UCCOOK

Falafel & Hummus Bowl

with a pickled red onion & cucumber salad

A cheffy smear of hummus. A triumph of hand-rolled and fried until golden falafel patties. A pickled cucumber & onion salad. A drizzle of coconut yoghurt. A sprinkle of pan-toasted almonds. A very accomplished Chef and an A+ dinner!

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jade Summers

Veggie

Painted Wolf Wines | The Pack Solo
Roussanne

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

10g	Almonds <i>roughly chop</i>
55g	Outcast Falafel Classic Mix
1	Onion <i>peel & finely slice ¼</i>
50g	Cucumber <i>rinse & cut into thin rounds</i>
15ml	Red Wine Vinegar
1	Bell Pepper <i>rinse, deseed & cut ½ into strips</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
1	Tomato <i>rinse & cut into thin wedges</i>
25ml	Coconut Yoghurt
50ml	Hummus

From Your Kitchen

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

1. ALL SET? GO ALMONDS! Boil the kettle. Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. FOR THE FALAFEL In a bowl, combine the falafel mix, a pinch of salt, and 100ml of boiling water. Mix, but not for longer than 30 seconds. Cover and set aside for at least 10 minutes.

3. PICKLED VEG In a bowl, combine the sliced onion, the cucumber rounds, the red wine vinegar, a drizzle of olive oil, a sweetener (to taste), and seasoning.

4. CHARRED PEPPERS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the pepper slices until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan.

5. PERFECT VEG PATTIES Roll the falafel mixture into 4-5 balls per portion and gently flatten to form mini patties. Return the pan to medium heat with enough oil to cover the base. When hot, fry the falafel patties until golden and crispy, 3-4 minutes per side. Remove from the pan and drain on paper towel.

6. COCO-YOGHURT DRIZZLE Add the rinsed leaves, the tomato wedges, and the charred peppers to the pickled onion & cucumber. In a separate bowl, loosen the coconut yoghurt with water in 5ml increments until drizzle consistency. Season.

7. LOOK AT THAT PLATE! 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 toasted nuts. Enjoy!

Nutritional Information

Per 100g

Energy	272kJ
Energy	65kcal
Protein	2.4g
Carbs	8g
of which sugars	3g
Fibre	3.5g
Fat	1.9g
of which saturated	0.5g
Sodium	113mg

Allergens

Allium, Sesame, Sulphites, Tree Nuts

Eat
Within
3 Days