



# 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.

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**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Ella Nasser

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 Veggie

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 Leopard's Leap | Unwooded Chardonnay

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## Ingredients & Prep

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1kg	Sweet Potato <i>rinsed &amp; cut into wedges</i>
2	Onions <i>peeled &amp; finely sliced</i>
4	White Pita Breads
60ml	Tahini
12	Nish Nush Falafel Balls
80g	Green Leaves <i>rinsed &amp; finely shredded</i>
2	Tomatoes <i>sliced</i>
60g	Gherkins <i>drained &amp; sliced</i>
170ml	Hummus
15g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

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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 35-40 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 8-10 minutes until caramelised, shifting occasionally. At the halfway mark, add a sweetener of choice (to taste) to caramelize 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 pitas for 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. Slice the pitas horizontally to make two pockets per pita. 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

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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

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## Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook  
within 3  
Days