

UCCOOK

Falafel & Hummus Bowl

with a pickled red onion & cucumber salad

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Veggie: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Creation Wines | Creation Sauvignon Blanc/Semillon

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 254kJ | 1998kJ |
| Energy | 61kcal | 478kcal |
| Protein | 2.2g | 17g |
| Carbs | 7g | 58g |
| of which sugars | 2.8g | 22.1g |
| Fibre | 2.8g | 21.7g |
| Fat | 2.1g | 16.3g |
| of which saturated | 0.7g | 5.3g |
| Sodium | 119mg | 940mg |

Allergens: Allium, Sesame, Sulphites, Tree Nuts

Eat Within 3 Days

Ingredients & Prep Actions:

| | | |
|----------|------------|---|
| Serves 3 | [Serves 4] | |
| 30g | 40g | Almonds <i>roughly chop</i> |
| 1 | 1 | Onion <i>peel & finely slice ¾ [1]</i> |
| 150g | 200g | Cucumber <i>rinse & cut into thin rounds</i> |
| 45ml | 60ml | Red Wine Vinegar |
| 2 | 2 | Bell Peppers <i>rinse, deseed & cut 1½ [2] into strips</i> |
| 18 | 24 | Outcast Falafels |
| 60g | 80g | Salad Leaves <i>rinse & roughly shred</i> |
| 2 | 2 | Tomatoes <i>rinse & cut into thin wedges</i> |
| 75ml | 100ml | ButtaNutt Coconut Yoghurt |
| 150ml | 200ml | Hummus |

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Paper Towel

Seasoning (salt & pepper)

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

3. CHARRED PEPPERS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the pepper until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan.

4. PERFECT FALAFEL Return the pan to medium heat with enough oil to cover the base. Fry the falafels until golden and crispy, 2-3 minutes per side. Remove from the pan and drain on paper towel.

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

6. LOOK AT THAT PLATE! Smear half of the plate with the hummus and top with the crispy falafels. Side with the pickled onion and cucumber salad. Drizzle over the coconut yoghurt and sprinkle over the toasted nuts. Enjoy!