



# 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 &amp; finely slice <math>\frac{3}{4}</math> [1]</i>
150g	200g	Cucumber <i>rinse &amp; cut into thin rounds</i>
45ml	60ml	Red Wine Vinegar
2	2	Bell Peppers <i>rinse, deseed &amp; cut <math>1\frac{1}{2}</math> [2] into strips</i>
18	24	Outcast Falafels
60g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>
2	2	Tomatoes <i>rinse &amp; 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!