



U C O O K

— COOKING MADE EASY

The Ultimate Falafel Wraps

with soft tortillas, homemade hummus & jalapeño relish

Your weeknight dinners are calling, so it's crunch time! These tortilla wraps enfold a host of textured treats: carrot, red cabbage, crispy falafel, and refreshing cucumber. Simply add fragrant homemade hummus, and supper's sorted. (A blender is a must!)

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Lauren Todd

 **Vegetarian**

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Ingredients & Prep

110g	Outcast Classic Falafel Mix
15ml	NOMU One For All Rub
150g	Shredded Red Cabbage & Julienne Carrot
80ml	Pickling Liquid <i>(20ml Maple Syrup & 60ml White Wine Vinegar)</i>
240g	Chickpeas <i>drained & rinsed</i>
20ml	Tahini
4	Wheat Flour Tortillas
100g	Cucumber <i>sliced into batons</i>
30ml	Pickled Jalapeño Relish
10g	Fresh Mint <i>rinsed, picked & finely sliced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Blender
Milk (optional)

1. FIRSTLY, FALAFEL! Boil the kettle. Place the falafel mix in a shallow bowl with a third of the One For All Rub and 200ml of boiling water. Mix well to combine, but not for longer than about 30 seconds. Cover with a plate and set aside to rehydrate for at least 10 minutes.

2. PICKLED SLAW Place the cabbage and carrot in a bowl with the pickling liquid and 2 tbsp of water. Season with salt, toss until coated, and set aside to pickle until serving.

3. MAKE THE HUMMUS Place the drained chickpeas in a blender with the tahini, 2 tbsp of water, and a little pickling liquid from the slaw (to taste!) Stir in the remaining One For All Rub and blend until a smooth hummus, adding more water or milk in small increments if necessary – oat or nut milk is recommended. Season to taste and set aside for serving.

4. TIME TO SIZZLE... Roll the falafel mixture into 5-6 small balls per portion and gently flatten to form mini patties. Return the pan to a medium heat with enough oil to cover the base. When hot, fry the patties for 3-4 minutes per side until crispy, turning when they start to brown. Remove from the pan on completion and set aside to drain on paper towel.

5. TOAST THE TORTILLAS Place a clean pan over a medium heat. When hot, dry toast the tortillas one at a time for about 30 seconds per side until lightly golden. Remove from the pan on completion and stack on a plate as you go to keep warm. Drain the remaining pickling liquid from the cabbage and carrot – lose it or reuse it!

6. WRAP IT UP ALREADY! Smear the homemade hummus over the base of the wraps. In the centre, pile up some pickled slaw and cucumber batons. Top with the mini falafels, dollop over the jalapeño relish, and garnish with the sliced mint. Roll it all up and tuck into that crunch!



Chef's Tip

Chickpeas are high in fiber and protein. They are an excellent alternative for meat in plant-based diets, and the rich fiber content can reduce the artery-clogging LDL cholesterol

Nutritional Information

Per 100g

Energy	738kJ
Energy	176Kcal
Protein	6.4g
Carbs	26g
of which sugars	6.3g
Fibre	6.2g
Fat	4g
of which saturated	0.9g
Sodium	364mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites

Cook
within 2
Days