



UCOOK

Winter Falafel Bliss Bowl

with roasted beetroot, carrot & a creamy tahini dressing

Winter is time for snuggling under fluffy blankets, steaming cups of hot chocolate, and a warming bowl of al dente pearled barley, topped with crispy falafels, drizzled with a creamy tahini sauce, a side of oven-roasted beetroot & carrots, and scatterings of sweet piquanté peppers.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Kate Gomba

Veggie

 Paul Cluver | Village Chardonnay 2023

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Ingredients & Prep

450g	Beetroot <i>rinse, trim & cut into bite-sized pieces</i>
360g	Baby Carrots <i>rinse & trim</i>
30ml	NOMU One For All Rub
225ml	Pearled Barley <i>rinse</i>
120ml	Creamy Tahini <i>(30ml Tahini, 75ml Cashew Nut Yoghurt & 15ml Maple-flavoured Syrup)</i>
18	Outcast Falafels
45g	Piquanté Peppers <i>drain</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the beetroot pieces and the trimmed carrots on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

2. BARLEY Place the rinsed pearled barley in a pot with 1L of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until al dente, 25-30 minutes (stirring occasionally). Drain and cover.

3. DRESSING In a small bowl, loosen the creamy tahini with water in 5ml increments until drizzling consistency. Season.

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

5. TIME TO EAT Make a bed of the barley and top with the crispy falafels and the roasted veggies. Drizzle over the creamy tahini and scatter over the drained peppers. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the beetroot pieces and the trimmed carrots in oil, the NOMU rub, and seasoning. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	536kJ
Energy	128kcal
Protein	4.1g
Carbs	21g
of which sugars	4g
Fibre	5.9g
Fat	2.5g
of which saturated	0.8g
Sodium	233mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites

Eat
Within
4 Days