

UCCOOK

Vegetarian Falafel & Grape Salad

with roasted pumpkin & tzatziki

Hands-on Time: 20 minutes

Overall Time: 40 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Jade Summers

Nutritional Info	Per 100g	Per Portion
Energy	314kJ	1731kJ
Energy	75kcal	414kcal
Protein	3.4g	19g
Carbs	11g	59g
of which sugars	2.7g	14.8g
Fibre	4.2g	23.2g
Fat	1.4g	7.5g
of which saturated	0.2g	1g
Sodium	120mg	663mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
55g	110g	Outcast Classic Falafel Mix
7,5g	15g	Almonds
50ml	100ml	Tzatziki
40g	80g	Salad Leaves <i>rinse & roughly shred</i>
1	2	Tomato/es <i>rinse & roughly dice</i>
80g	160g	Grapes <i>rinse</i>
10g	20g	Fresh Basil <i>rinse & pick</i>

From Your Kitchen

Seasoning (Salt & Pepper)
Water
Paper Towel
Cooking Spray

- 1. GOLDEN PUMPKIN** Preheat the oven to 200°C. Spread the pumpkin on a roasting tray and coat with cooking spray. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).
- 2. CRISPY FALAFELS** Boil the kettle. In a bowl, combine the falafel mix, a pinch of salt, and 100ml [200ml] boiling water. Mix, but not for longer than 30 seconds. Cover and set aside for at least 10 minutes. Lightly grease a baking tray with cooking spray. Roll the falafel mixture into 4-5 balls per portion and gently flatten to form mini patties. Bake in the hot oven until crispy, 10-12 minutes (flipping halfway).
- 3. ALL THE ALMONDS** 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.
- 4. CREAMY SALAD** Loosen the tzatziki with a splash of water and season. In a bowl, combine the salad leaves, tomato, grapes, basil, the tzatziki and seasoning.
- 5. SET THE TABLE** Dish up the creamy salad, top with the falafels, scatter over the roasted pumpkin, and the toasted almonds.