



# 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.

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Veggie

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 Paul Cluver | Village Chardonnay 2023

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## Ingredients & Prep

150g	Beetroot <i>rinse, trim &amp; cut into bite-sized pieces</i>
120g	Baby Carrots <i>rinse &amp; trim</i>
10ml	NOMU One For All Rub
75ml	Pearled Barley <i>rinse</i>
40ml	Creamy Tahini <i>(10ml Tahini, 25ml Cashew Nut Yoghurt &amp; 5ml Maple-flavoured Syrup)</i>
6	Outcast Falafels
15g	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, 30-35 minutes (shifting halfway).

**2. BARLEY** Place the rinsed pearled barley in a pot with 350ml 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