

UCOOK

The Fab Falafel Burger

with tahini coconut yoghurt & roasted carrot wedges

My dad's absolute favourite meal and for good reason! A crunchy falafel patty is nestled inside a soft burger bun with crunchy green leaves, sumac-spiced onion, fresh tomato, zingy gherkins and a creamy coconut & tahini dressing. What are you waiting for?

Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

 Veggie

 Boschendal | 1685 Chardonnay

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Ingredients & Prep

120g	Carrot <i>rinsed, trimmed & cut into wedges</i>
55g	Outcast Falafel Mix
1	Red Onion <i>¼ peeled & finely sliced</i>
4g	Fresh Parsley <i>rinsed, picked & finely sliced</i>
5ml	Sumac Spice
25ml	Tahini
30ml	Coconut Yoghurt
1	Schoon Burger Bun <i>halved</i>
20g	Green Leaves <i>rinsed</i>
1	Tomato <i>½ sliced into rounds</i>
25g	Gherkins <i>drained & sliced</i>

From Your Kitchen

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

1. CRISPY CARROT WEDGES Preheat the oven to 200°C. Boil the kettle. Spread out the carrot wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. FALAFEL PATTY Place the falafel mix, seasoning, and 90ml of boiling water in a shallow bowl. Mix until fully combined, but not for longer than about 30 seconds. Cover with a plate and set aside for at least 10 minutes.

3. SUMAC ONIONS In a bowl, combine the onion slices, the sliced parsley, and the sumac. In a separate bowl, combine the tahini, the coconut yoghurt, and seasoning. Add water in 5ml increments until drizzling consistency.

4. GOLDEN FALAFEL Shape the rehydrated falafel mixture into a 1cm thick patty. Place a pan over a medium-high heat with enough oil to cover the base. When hot, add the patty and fry for 3-4 minutes per side until golden brown and crispy. Remove from the pan on completion and drain on paper towel.

5. TOASTY BUNS Return the pan to a medium-high heat. Butter the cut-side of the halved buns or drizzle with oil. When the pan is hot, add the halved bun, cut-side down, and toast for 1-2 minutes until browned and heated through.

6. I WON'T FEEL-AFEL IF I EAT EVERY LAST BITE! Time to load up your burger! Smear some of the tahini yoghurt on the bottom half of the bun and top with the rinsed green leaves, the tomato slices, the crispy falafel patty, the sliced gherkin, and the sumac onions (to taste). Drizzle over any remaining tahini yoghurt. Close up the burger with the other bun half. Serve with the carrot wedges and any remaining fillings. Burger time, Chef!

Nutritional Information

Per 100g

Energy	457kJ
Energy	109Kcal
Protein	3.8g
Carbs	15g
of which sugars	3.8g
Fibre	4.3g
Fat	3g
of which saturated	0.6g
Sodium	152mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites

Cook
within
4 Days