

# UCCOOK

## Vegetarian Falafel & Grape Salad

with roasted pumpkin & tzatziki

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**\*New Calorie Conscious:** Serves 3 & 4

**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 3	[Serves 4]	
600g	800g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
165g	220g	Outcast Classic Falafel Mix
22,5g	30g	Almonds
150ml	200ml	Tzatziki
120g	160g	Salad Leaves <i>rinse &amp; roughly shred</i>
3	4	Tomatoes <i>rinse &amp; roughly dice</i>
240g	320g	Grapes <i>rinse</i>
30g	40g	Fresh Basil <i>rinse &amp; 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, 35-40 minutes (shifting halfway).
- 2. CRISPY FALAFELS** Boil the kettle. In a bowl, combine the falafel mix, a pinch of salt, and 300ml [400ml] 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.