



# UCOOK

## Rockin' Santorini Mezze Roast

with hummus, tzatziki & mint

Platter vibe! Crispy pita, red pepper hummus-tzatziki, crispy baked falafels, za'atar roasted aubergine and juicy baby tomatoes. Let's elevate that flavour with chopped Kalamata olives and fresh mint — oh so perfect. Finished with fresh lemon and you have one heck of a flavour wave!

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**Hands-On Time:** 20 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person


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**Chef:** Megan Bure

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 Vegetarian

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 Haute Cabrière | Chardonnay Unwooded

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## Ingredients & Prep

250g	Aubergine <i>rinsed, trimmed &amp; cut into small bite-sized chunks</i>
80g	Baby Tomatoes <i>halved</i>
10ml	Red Wine Vinegar
45ml	Tzatziki
45ml	Red Pepper Hummus
4g	Fresh Mint <i>rinsed, pickled &amp; roughly sliced</i>
55g	Outcast Classic Falafel Mix
10ml	Za'atar
20g	Green Leaves <i>rinsed</i>
1	Pita Bread
25g	Pitted Kalamata Olives <i>drained &amp; roughly chopped</i>

## From Your Kitchen

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

**1. TANGY VEG** Preheat the oven to 220°C. Spread out the aubergine chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until softened, shifting halfway. Place the halved baby tomatoes into a bowl with a drizzle of oil, the  $\frac{3}{4}$  of the red wine vinegar and seasoning. Toss to coat and set aside.

**2. CRAZY DIP & FLASHY FALAFEL** In a small bowl, combine the tzatziki and red pepper hummus with the remaining red wine vinegar,  $\frac{1}{2}$  of the sliced mint and seasoning. Mix to combine and set aside. Place the falafel mix, salt and pepper, and 100ml of boiling water in a shallow bowl. Mix well to combine, but not for longer than about 30 seconds. Cover with a plate and set aside for at least 10 minutes. Lightly grease a baking tray. Roll the falafel mixture into 4-5 balls and gently flatten to form mini patties. Place on the baking tray and lightly brush with oil using a pastry brush or your fingers. Set aside.

**3. HALFWAY** When the aubergine roast reaches halfway remove from the oven and give a shift. Sprinkle over za'atar spice and  $\frac{1}{2}$  of the halved dressed baby tomatoes. Toss to coat and return to the oven along with the tray of falafels for the remaining cooking time 8-10 minutes until crispy and cooked through. Just before serving, add the rinsed green leaves to the bowl with the remaining tomatoes, add 5ml of olive oil and toss to combine. Season to taste.

**4. PERFECT PITAS** Place a clean pan over a medium heat. When hot, warm the pitas for about 30-60 seconds per side until heated through and lightly toasted. Alternatively, pop them on a plate and heat up in the microwave for 30-60 seconds. Stack the heated ones on top of one another to keep warm. When cool enough to handle, slice in quarters for serving.

**5. FINAL TOUCHES** Just before serving, toss the chopped kalamata olives through the roasted veg with some lemon juice and  $\frac{1}{2}$  of the remaining mint.

**6. PLATTER VIBE** Plate up the veggies, falafel, crispy pitas and a dollop of tzatziki-hummus. Side with the fresh salad. Garnish with the remaining mint and a lemon wedge on the side. Feast to your heart's content!

## Nutritional Information

Per 100g

Energy	348kJ
Energy	83Kcal
Protein	3.6g
Carbs	11g
of which sugars	3.9g
Fibre	4.9g
Fat	2.1g
of which saturated	0.4g
Sodium	284mg

## Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites, Tree Nuts

Cook  
within 1  
Day