

# 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?

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**Hands-On Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People

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**Chef:** Ella Nasser

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 Veggie

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 Boschendal | 1685 Chardonnay

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## Ingredients & Prep

|      |                                                            |
|------|------------------------------------------------------------|
| 360g | Carrot<br><i>rinsed, trimmed &amp; cut into wedges</i>     |
| 165g | Outcast Falafel Mix                                        |
| 1    | Red Onion<br><i>¾ peeled &amp; finely sliced</i>           |
| 12g  | Fresh Parsley<br><i>rinsed, picked &amp; finely sliced</i> |
| 15ml | Sumac Spice                                                |
| 75ml | Tahini                                                     |
| 85ml | Coconut Yoghurt                                            |
| 3    | Schoon Burger Buns<br><i>halved</i>                        |
| 60g  | Green Leaves<br><i>rinsed</i>                              |
| 2    | Tomatoes<br><i>1½ sliced into rounds</i>                   |
| 75g  | Gherkins<br><i>drained &amp; 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 35-40 minutes until cooked through and crisping up, shifting halfway.

**2. FALAFEL PATTY** Place the falafel mix, seasoning, and 270ml 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 3 1cm thick patties. Place a pan over a medium-high heat with enough oil to cover the base. When hot, add the patties and fry for 3-4 minutes per side until golden brown and crispy. You may need to do this step in batches. 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 buns, 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 burgers! Smear some of the tahini yoghurt on the bottom halves of the buns 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 burgers with the other bun halves. 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