



U C O O K

— COOKING MADE EASY

CRISPY FALAFEL FOLDOVER

with roast beetroot, chermoula paste & creamy feta

A warm foldover winner of a dinner! Smeard with chermoula yogurt and covered in crispy, baked falafel, za'atar-roasted beetroot and chickpeas, salad leaves, and feta — all spattered with tangy tahini dressing.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Tess Witney

 **Vegetarian**

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Ingredients & Prep

150g	Beetroot <i>rinsed, trimmed & cut into 1cm thick rounds</i>
120g	Chickpeas <i>drained & rinsed</i>
10ml	Za'atar Spice
55g	Outcast Classic Falafel Mix
40ml	Plain Yoghurt
15ml	Pesto Princess Chermoula Paste
10ml	White Wine Vinegar
45ml	Tahini Dressing <i>(30ml Tahini & 15ml Honey)</i>
1	Anat Foldover
20g	Salad Leaves <i>rinsed</i>
40g	Feta <i>drained</i>

From Your Kitchen

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

1. ROAST BEETS & CHICKPEAS Preheat the oven to 200°C. Boil the kettle. Spread out the beetroot rounds on a roasting tray. Coat in oil, season, and roast in the hot oven for 30-35 minutes. Place the drained chickpeas in a bowl, coat in oil, and season. When the beetroot is at the halfway mark, remove from the oven and flip over. Add the chickpeas to the tray and spread out in a single layer. Use three-quarters of the za'atar spice to sprinkle over the veg. Return the tray to the oven for the remaining roasting time. On completion, the chickpeas should be nice and crispy and the beetroot should be cooked through and caramelised.

2. FALAFEL PREP Place the falafel mix, a pinch of salt, 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.

3. SPICE THINGS UP Place the yoghurt and chermoula paste in a bowl. Mix in half of the white wine vinegar to taste and season. Combine the remaining white wine vinegar (also to taste) with the Tahini Dressing. Add in warm water in 5ml increments, until drizzling consistency. Set both sauces aside for serving.

4. OVEN-BAKED FALAFEL Lightly grease a baking tray. Roll the falafel mixture into 4-5 balls and gently flatten each ball to form mini patties. Place on the baking tray and lightly brush with oil using a pastry brush or your fingers. Bake in the oven for 10-12 minutes until crispy, flipping at the halfway mark. Just before serving, pop the foldover in the oven for 5 minutes until heated through and lightly crisped.

5. TIME TO ASSEMBLE! Lay the foldover on a plate and smear with the chermoula yoghurt. Scatter over the roast beetroot and chickpeas and top with the baked falafel. Decorate with the rinsed salad leaves, drained feta, and remaining za'atar spice. Drizzle the tahini dressing over the lot. Either fold in half, or enjoy as a flatbread – the choice is yours! Delicious, Chef.



Chef's Tip

Chickpeas are high in fiber and protein. They are an excellent replacement for meat in plant-based diets, and can be added to just about any meal.

Nutritional Information

Per 100g

Energy	761kj
Energy	182Kcal
Protein	7.2g
Carbs	20g
of which sugars	4.8g
Fibre	6g
Fat	6.9g
of which saturated	1.9g
Sodium	244mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites

Cook
within 1
Day