



# UCCOOK

## Baked Lentil Falafel

with hummus, tzatziki & fluffy pita

Herbaceous bites of falafel heaven with a lentil twist. Fully packed in a soft pita pocket filled with tzatziki, creamy hummus, caramelised onions, and plump tomatoes. Lentil heaven awaits!

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**Hands-On Time:** 30 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People


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**Chef:** Thea Richter

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 Vegetarian

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 Fat Bastard | Chardonnay

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## Ingredients & Prep

|        |  |
|--------|--|
| 360g   | Lentils<br><i>drained &amp; rinsed</i>                       |
| 60ml   | Cake Flour   |
| 3      | Garlic Cloves<br><i>peeled &amp; grated</i>                  |
| 12g    | Fresh Parsley<br><i>rinsed, picked &amp; roughly chopped</i> |
| 1      | Lemon<br><i>cut into wedges</i>                              |
| 22,5ml | NOMU Moroccan Rub  |
| 2      | Onions<br><i>1½ peeled &amp; finely sliced</i>               |
| 3      | Pita Breads<br><i>defrosted</i>                              |
| 120ml  | Tzatziki   |
| 150ml  | Hummus   |
| 60g    | Green Leaves<br><i>rinsed &amp; roughly shredded</i>         |
| 2      | Plum Tomatoes<br><i>sliced</i>                               |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter (optional)  
Sugar/Sweetener/Honey  
Blender (optional)

**1. FALAFEL FUNDI** Preheat the oven to 200°C. Place the drained lentils in a bowl. Mash with a potato masher or fork until a rough mash forms. Add the flour, the grated garlic (to taste), ½ the chopped parsley, the juice of 2 lemon wedges, the Moroccan Rub, a drizzle of oil, and seasoning. Mix until fully combined and a rough paste forms. Add more oil or water if it doesn't come together or is too dry. Alternatively, place all the ingredients in a blender and pulse until it comes together. Roll into 8-9 balls and slightly flatten to form falafels. Place on a greased roasting tray and bake in the hot oven for 15-20 minutes until crispy and golden, flipping halfway.

**2. CARAMELISED ONION** Place a pan over a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 9-12 minutes until soft, browned, and caramelised, shifting occasionally. At the halfway mark, add a sweetener of choice (to taste) to caramelise it further. Remove from the pan on completion, cover, and set aside to keep warm.

**3. ALMOST THERE** 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. Slice the pita in half to make pockets. Loosen the tzatziki with water in 5ml increments until drizzling consistency.

**4. PITA PARTY** Smear some hummus in the pita. Top with the shredded leaves, caramelised onion, sliced tomato, and layer on the homemade falafels. Drizzle over tzatziki and sprinkle the remaining parsley. Make a side salad with any remaining filling and serve with any remaining lemon wedges. Beautiful, Chef!



## Chef's Tip

If you'd prefer to toast the pita's in the oven, pop them in at 200°C for 3-4 minutes until heated through and crisp.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 565kj   |
| Energy             | 135Kcal |
| Protein            | 7g      |
| Carbs              | 23g     |
| of which sugars    | 2.8g    |
| Fibre              | 5.2g    |
| Fat                | 1.5g    |
| of which saturated | 0.4g    |
| Sodium             | 217mg   |

## Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites

Cook  
within  
4 Days