



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!

Hands-On Time: 35 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Thea Richter

 Vegetarian

 Fat Bastard | Chardonnay

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

480g	Lentils <i>drained & rinsed</i>
80ml	Cake Flour
4	Garlic Cloves <i>peeled & grated</i>
15g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
1	Lemon <i>cut into wedges</i>
30ml	NOMU Moroccan Rub
2	Onions <i>peeled & finely sliced</i>
4	Pita Breads <i>defrosted</i>
160ml	Tzatziki
200ml	Hummus
80g	Green Leaves <i>rinsed & roughly shredded</i>
2	Plum Tomatoes <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 10-12 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 12-15 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