



UCOOK

Lentil Falafel Pita

with baby marrow & a cucumber-mint yoghurt

Divine lentil falafels are served with a rich tomato & onion sauce, a fresh baby marrow salad, pita bread and a loaded mint & cucumber yoghurt for dipping. This dish truly is a-mezze-ing!

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

 Veggie

 Boschendal | 1685 Shiraz

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Ingredients & Prep

2	Onions <i>1½ peeled & finely sliced</i>
300g	Cooked Chopped Tomato
360g	Lentils <i>drained & rinsed</i>
60ml	Cake Flour
3	Garlic Cloves <i>peeled & grated</i>
600g	Baby Marrow <i>rinsed, trimmed & peeled into ribbons</i>
12g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
125ml	Coconut Yoghurt
150g	Cucumber <i>finely diced</i>
3	Pita Breads

From Your Kitchen

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

1. TOMATO SAUCE Place a pan over a medium heat with a drizzle of oil. When hot, add the sliced onion and fry for 4-5 minutes, until soft, shifting occasionally. Add the cooked chopped tomato and 150ml of water. Leave to simmer for 8-10 minutes until slightly reduced. Remove from the heat and season with salt, pepper, and a sweetener of choice (to taste).

2. LENTIL FALAFELS Place the drained lentils in a bowl. Mash with a potato masher or fork until a rough mash forms. Add the flour, grated garlic (to taste), 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.

3. FRYING FRENZY Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, add the lentil falafels and fry for 3-5 minutes per side or until crispy, shifting as they colour. You may need to do this in batches.

4. LOADED YOG In a bowl, combine the baby marrow ribbons, ½ the chopped mint, and seasoning. Set aside. In a small bowl, combine the coconut yoghurt, the diced cucumber, the remaining mint, and seasoning.

5. PITA PARTY Return the pan, wiped down if necessary, to a medium heat. When hot, warm the pitas for 30-60 seconds per side until heated through and lightly toasted. Stack the heated ones on top of one another to keep warm. When cool enough to handle, slice into quarters.

6. A HUG IN A BOWL! Plate up the falafels and the tomato sauce. Side with the baby marrow salad and the pita quarters. Dollop over the loaded cucumber yogurt. Well done, Chef!



Chef's Tip

Draining and rinsing tinned lentils before use reduces the amount of sodium you're adding to your meal. It also improves the flavour and texture of the food.

Nutritional Information

Per 100g

Energy	440kJ
Energy	105Kcal
Protein	5.4g
Carbs	19g
of which sugars	3.2g
Fibre	4.2g
Fat	0.6g
of which saturated	0.3g
Sodium	97mg

Allergens

Gluten, Allium, Wheat

Cook
within
4 Days