



# 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:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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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

120g	Lentils <i>drained &amp; rinsed</i>
20ml	Cake Flour
1	Garlic Clove <i>peeled &amp; grated</i>
4g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
1	Lemon <i>cut into wedges</i>
7,5ml	NOMU Moroccan Rub
1	Onion <i>½ peeled &amp; finely sliced</i>
1	Pita Bread <i>defrosted</i>
40ml	Tzatziki
50ml	Hummus
20g	Green Leaves <i>rinsed &amp; roughly shredded</i>
1	Plum Tomato <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 1 lemon wedge, 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 3-4 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 7-9 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 pita for about 30-60 seconds per side until heated through and lightly toasted. Alternatively, pop it on a plate and heat up in the microwave for 30-60 seconds. Slice the pita in half to make a pocket. 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