

Lentil Falafel with Greek Yogurt Sauce

Equipment needed –

Can opener, colander, food processor, pastry brush, micro plane, measuring spoons, 3 baking trays, baking paper, small bowl and pastry brush.

Ingredients from the Garden –

- 1 cup of coriander, washed and finely chopped
- 2 eggs
- 2 teaspoons of finely grated lemon rind
- 2 tablespoons of lemon juice
- 2 tablespoons of parsley washed and finely chopped

Ingredients from the Pantry –

- 2 x 400 gram cans of lentils
- 2 cups of fresh breadcrumbs
- 200 grams of ricotta
- 1 cup of coriander leaves
- Sea salt and pepper
- Olive oil for brushing
- 2 teaspoons of cumin
- 1 cup of Greek yoghurt
- 2 tablespoons of tahini paste

What to do –

1. Preheat the oven to 220 ° C.
2. Open the cans of lentils and place in a colander over the sink. Rinse well with cold water.
3. Place the breadcrumbs in the food processor. Then measure out the ricotta and place in the food processor. Crack 2 eggs into the food processor.
4. Measure out 2 teaspoons of cumin and add to the food processor.
5. Wash and pick the coriander. Measure out 1 cup of coriander and add to the food processor. Finely grate 2 teaspoons of lemon rind and add to the food processor.
6. Add salt and pepper to the lentil mix and pulse until the mixture is just combined.
7. Line 2 baking trays with baking paper.
8. Shape 1 tablespoon of the mixture into small balls and place on the baking tray lined with baking paper.
9. Pour a small amount of olive oil into a small bowl. Brush each ball lightly with the oil using a pastry brush and bake for 10 minutes or until crisp.
10. Turn the patties onto the other side and bake for a further 10 minutes.
11. To make the yoghurt sauce, combine 1 cup of Greek yoghurt, 2 cloves of crushed garlic, 2 tablespoons of tahini paste, 2 tablespoons of chopped parsley and 2 tablespoons of lemon juice. Divide the yoghurt sauce between 3 small serving bowls and divide the falafels between 3 serving platters.
12. Wash and dry some mixed salad leaves and place on the serving platters with the falafels

Serves –

- 24 students.

