

Lentil Falafel Pita Pockets

Whole grain pita pockets are the ultimate vessel for crispy, flavorful falafel. This easy recipe is perfect for a quick lunch or a relaxed dinner.

VEXA



Ingredients

- 1 whole grain pita
- Philadelphia cheese
- Mayo
- Red pepper
- 400 g split red lentils
- 1 large onion
- 1 large carrot (or 2 medium)
- 4 large garlic cloves
- ½ bunch parsley
- 2 tbs organic whole wheat flour
- Ground cumin



Directions

1. For the falafel, start by soaking the red lentils in cold water for 1 hour.
2. Rinse and drain thoroughly.
3. In a food processor, add the drained lentils, chopped onion, minced garlic, 1 heaped teaspoon of salt (important), 1 teaspoon ground cumin, chopped parsley, 2 tablespoons organic whole wheat flour. Alternatively, you can use other types of flour, ideally whole grain (whole rye, whole einkorn, etc.) or chickpea flour.
4. Blitz until blended.
5. Heat the air fryer to 190°C or the oven to 220 °C conventional/200°C fan.
6. Shape lentil mix into falafel shapes.
7. Place on air fryer tray or oven tray and cook for 7-8 minutes (air fryer) or 10 minutes (oven) then flip and continue to cook until golden and crisp.
8. This will take approx. 12-15 min (air fryer) or 20-25 min (oven).
9. To assemble, toast a pita bread until fully crisp.
10. Mindful of the steam, slice it on one side to create a pocket. Leave to steam out for a few seconds.
11. Slather some Philadelphia cheese inside.
12. Add as many falafels as you can fit (depending on size and shape).
13. Slice red pepper and add.
14. Slather a bit of homemade mayonnaise (or healthier store-bought version).
15. Enjoy!

Did you know...

Philadelphia cheese contains probiotics? It's true. Cream cheese (particularly the Philadelphia brand) has been shown to contain beneficial bacteria known as "probiotics."