

Less than 1 hour

Serves 4

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Ingredients:

Falafel:

- 1 onion, finely chopped
- 1 clove garlic, crushed
- Vegetable oil, for frying
- 3 Tbsp (45ml) each chopped fresh parsley and coriander
- 1 Tbsp (15ml) ground cumin
- 1 Tbsp (15ml) ground coriander
- 2 cups (500ml) cooked brown lentils
- 1 egg
- 2 Tbsp (30ml) flour
- Juice (60ml) and grated peel of 1 lemon
- 1 Tbsp (15ml) olive oil

Sauce:

- 1 tub (175g) plain yoghurt
- 1 Tbsp (15ml) each chopped fresh mint and coriander
- Salt and milled pepper

Pickled red onion:

- ½ cup (125ml) grape vinegar
- ½ cup (125ml) water
- 1 Tbsp (15ml) sugar
- 1 red onion, sliced

For serving:

- 1 French loaf
- Handful each lettuce and shredded carrot
- 1 red chilli, sliced
- Handful each chopped basil and coriander

GOOD IDEA

To make this completely plant-based, swap yoghurt for oat-based or coconut-based yoghurt instead.

Method:

1. Sauté onion and garlic in oil until brown.
2. Add herbs and spices and fry until fragrant.
3. Add to cooked lentils.
4. Blend $\frac{3}{4}$ lentil mixture together with egg, flour, grated lemon peel and olive oil until it forms a thick paste.
5. Fold remaining lentils into mixture and roll into walnut-sized balls.
6. Bake in a 180°C preheated oven for about 20 minutes or until golden-brown.
7. Mix sauce ingredients together.
8. Mix vinegar, water and sugar together until sugar has dissolved.
9. Cover onion with pickle mixture and allow to rest for at least 20 minutes.
10. Spread French loaf with sauce and add a couple of lettuce leaves and some shredded carrot.
11. Top with falafel balls.
12. Serve with sliced chilli, basil, coriander and pickled red onion.