

# 2-INGREDIENT DOUGH PITA POCKETS

Makes 8

## INGREDIENTS

### For the dough:

2 cups self-raising flour

1 cup double cream plain yoghurt

Pinch of salt, to season

### For the lentil 'meatballs':

1 cup IMBO Red Lentils, cooked

2 cloves garlic, crushed

1 carrot, finely grated

½ onion, finely chopped

½ tsp paprika

1 tsp ground cumin

3 tbsp parsley, finely chopped

Salt and pepper, to season

1 tbsp lemon juice

3-4 tbsp flour

1 tbsp oil

### Serving Suggestion:

Yoghurt dip

Chopped salad

Chopped coriander

Fresh lemon

## METHOD

1. Preheat the oven to 180°C and line 2 medium sized baking trays with greased baking paper.

### For the dough:

2. In a large bowl, mix the self-raising flour, yoghurt and salt together to form a dough.
3. Turn the dough out onto a lightly floured surface and knead for 8 minutes or until smooth.
4. Divide the dough up into 8 pieces and roll them slightly so that they resemble a pita. Set the pita-dough on the one tray under a dish towel.



**For the lentil 'meatballs':**

5. Bring a small pot of water to the boil. Add the IMBO Red Lentils and allow to cook for 10-15 minutes until cooked through.
6. Once the lentils are cooked through, drain them well in a sieve until most of the water is gone.
7. In a medium sized bowl, combine the lentils with the rest of the ingredients, excluding the oil and flour and using a potato masher, combine until everything comes together.
8. Slowly add the flour, one tablespoon at a time, mixing after each addition. The mixture should come together but still be quite wet.
9. Divide the mixture in 16 small, evenly sized balls, flatten them slightly and place them on the other baking tray. Lightly brush the lentil balls with the oil.
10. Place both trays in the oven for 20-25 minutes. Flip the pita-pockets halfway through cooking to brown them on both sides.
11. Remove the pita and lentil balls from the oven and slice the pita's open from the top to make pockets. Fill each pita-pocket with yoghurt, chopped salad, chopped coriander and two of the lentil balls. Serve and ENJOY!