

Lentil wrap



Lentils are packed with plenty of fibre, plant-based protein, iron, folate, potassium and zinc.

1 cup dry red lentils

2 cups water

1 tsp turmeric powder

1 tsp dukkha powder or spice mix of choice (optional)

Extra virgin olive oil to cook

Rinse lentils until water is clear

Place lentils and water in a blender and leave to soak for 3-4 hours, ideally overnight

Blend mixture until batter is smooth and free from lumps

Heat oil in a frying pan

Pour in enough batter to thinly coat the pan, spread out as required

Cook for about 3-4 mins, flip over when the edges start to curl away from the pan and cook for further 3-4 mins

Transfer to a plate and repeat process with remaining batter, adding oil as required

Serving suggestion: Spread over a thin layer of hummus or tahini drizzle, add slices of avocado and red onion (or tomato) and roll up