

LEBANESE WRAPS

WITH SPICED LENTILS & TAHINI YOGHURT

SERVES 4 • LOW-CARB OPTION • VEGETARIAN • READY IN 15 MINUTES

I encountered these wraps in Lebanon a few years ago, and they are still by far the most memorable street food I've tasted while travelling. Besides the flavour, what drew me to this dish was the colour. These are perfect for tapas and feeding groups of people.

SPICED LENTILS

2 Tbsp olive oil
1 onion, finely chopped
1 garlic clove, finely chopped
1 tsp paprika
1 tsp chilli powder
1 tsp salt and pepper
1 tsp cumin
½ cup sun-dried tomatoes in vinaigrette
2 cups cooked brown lentils, see Note

2 multiseed wraps, for serving
Cucumber, for serving
Chopped parsley, for serving
PICKLED RED ONIONS, PAGE 23, for serving

TAHINI YOGHURT

¼ cup plain yoghurt or (V) coconut yoghurt
2 Tbsp tahini
3 Tbsp water
Salt and ground black pepper

SPICED LENTILS Heat the olive oil in a pan over medium heat. Add the onion and fry for 5 minutes, until golden, then add the garlic and spices and fry for 1 minute, or until fragrant. Meanwhile, chop the sun-dried tomatoes and place in a bowl with the cooked lentils. Add the onion mixture, along with 3–4 Tbsp vinaigrette from the sun-dried tomatoes. Stir to combine and set aside.

TO ASSEMBLE THE WRAPS Place the wraps in a preheated pan and lightly toast for 1 minute on each side. Place 2–3 Tbsp lentils in the centre of each wrap, then fold in the sides and roll up the wraps tightly. Slice each wrap into four or five pieces. Arrange in a circle on a serving plate, alternating with slices of cucumber. Spoon over the **TAHINI YOGHURT** and top with **PICKLED RED ONIONS** (or thinly sliced fresh red onions). Dust with extra paprika or chilli powder and scatter over some chopped parsley.

TAHINI YOGHURT Whisk together the yoghurt, tahini and water in a small bowl. Season to taste with salt and ground black pepper.

- **TO COOK BROWN LENTILS** Rinse and drain the lentils but do not soak. For 1 cup lentils, use 3 cups water. Place the lentils and water in a pot and bring to the boil, then lower the heat and simmer for 25 minutes, or until the lentils are tender. Only add salt at the end of the cooking time. One cup of dried lentils will yield about 3 cups when cooked. Store cooked lentils in a covered container in the fridge for up to 3 days
- Spiced lentils make a great substitute for regular beef mince.
- I use Woolworths or Ina Paarman sun-dried tomatoes in vinaigrette.

