

Cooking with Pulses

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the meat free alternative

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Broccoli, Zucchini, Lentil and Halloumi Fritters

150g broccoli, trimmed & cut into florets

400g tin brown lentils, drained and rinsed

2 zucchini, coarsely grated & squeezed to remove moisture

2 eggs, beaten

½ a cup of self-raising flour

75g halloumi cheese, broken up

2 tablespoons of snipped chives or about 4-5 sprigs

1 lemon zest finely grated (lemon wedges can be used as dressing afterwards)

1 tablespoon of olive oil

Tzatziki to serve

~\$13

1. Cook the broccoli in a saucepan of boiling water for 3-4 minutes or until tender, drain and transfer to a large bowl.
2. Mash the broccoli, add the lentils zucchini, eggs, halloumi, chives, and lemon zest, stir to combine.
3. Heat oil in a non-stick frying pan over medium-high heat. Add 3 x palm size amounts of mixture to the pan. Cook for 2-3 minutes on each side until golden brown. Repeat with remaining mixture adding extra oil if necessary.
4. Serve with Tzatziki and lemon wedges.



Coconut Red Curry Lentil and Sweet Potato Soup

½ tablespoon vegetable oil

2 shallots finely chopped

1 clove of garlic crushed

1.5cm piece of ginger peeled and grated finely

1 tablespoon of Thai red curry paste

400g sweet potato peeled and chopped

500ml vegetable stock

200ml coconut milk

1 tablespoon fish sauce

1 tablespoon lime juice

400g canned lentils drained and rinsed

Coriander leaves

~\$13.50

Crusty bread to serve

1. Heat oil and fry shallots and garlic until softened. Add ginger and cook for another minute.
2. Add curry paste and cook for 1 minute.
3. Add sweet potato, coconut milk, fish sauce, lime juice, and stock.
Bring to the boil and cook for 10-15 minutes.
4. Puree with a hand blender until smooth.
5. Stir through the lentils and return to the heat.
6. Serve with bread topped with chopped coriander



Curried Lentil Burgers

½ cup low-fat plain yogurt

¼ cup lemon juice

2 teaspoons tahini

1 cup cold mashed potato

400g canned brown lentils, rinsed and drained

1 tablespoon mild curry paste

4 spring onions thinly sliced

Chopped parsley

1 egg

½ cup dry bread crumbs

½ cup vegetable oil

~\$13.50

Whole-meal buns

Tomato slices

Pea shoots



1. Make the dressing: combine yogurt, lemon juice and tahini, season with salt and pepper – set aside
2. Combine mashed potato, lentils, curry paste, spring onion, parsley, egg and crumbs, season with salt and pepper, press together into patties with hands.
3. Heat oil and cook patties 2-3 minutes each side over medium heat until golden brown.
4. Serve on toasted whole-meal buns, with tomato, pea shoots and yogurt dressing.

Classic Hummus

1 x 400g can of chickpeas rinsed and drained

1 clove of garlic crushed

½ teaspoon cumin

1 tablespoon of lemon juice

1 tablespoon of Tahini paste

1 tablespoon extra-virgin olive oil

2 tablespoons water

Vegetable sticks and pita bread

~\$8.00



1. Puree chickpeas with garlic, cumin, lemon juice, tahini and oil to a smooth puree. Add water if it needs thinning.
2. Serve with vegetable sticks and toasted pita bread

Mediterranean Lentil Salad

½ cup Quinoa

½ cup Puy lentils

1 large beetroot bulb diced medium

1 cup pumpkin diced medium

250g of quartered mushrooms

1 small cucumber

1 large tomato

Baby Spinach leaves

50g Danish Feta

½ cup parsley

½ bunch Coriander

1 bulb garlic - grated

Turmeric, salt and pepper for seasoning

Olive Oil

Apple cider vinegar

Fresh lime

Chilli

~\$18



1. Heat Oven to 180°C
2. Place mushrooms and pumpkin on grease proof paper coat with oil and spread with garlic, season with salt and pepper. Place in oven for 15 minutes, rest and cool.
3. Repeat with beetroot adding turmeric to seasoning.
4. In a saucepan place 2 cups cold water and ½ cup quinoa, place on high heat, bring to the boil, then turn to low simmer, cover for 8-10 minutes. Check the water has been absorbed by fluffing with a fork – cool.
5. In another saucepan place ½ cup lentils in salted water. Boil for 15 minutes until cooked by not overcooked, drain and cool.
6. Place quartered tomato, sliced cucumber and parsley in a bowl and mix together.
7. Combine cooled roasted veggies quinoa and lentils mix together, place on a bed of baby Spinach leaves
8. Top with Dressing: Olive oil, cider vinegar, lime juice (and some zest), chilli and salt and pepper.
9. Crumble with feta and sprinkle with coriander leaves.

Vegetable and Chickpea Curry

400g can chickpea drained and rinsed
1 tablespoon oil
1 small onion
1 garlic clove crushed
1 teaspoon of fresh grated ginger
1 tablespoon curry paste
2 potatoes diced
125g green beans
1 carrot sliced
1 celery stick sliced
1 zucchini sliced
1 cup of water
2 tablespoons of coconut milk/cream
Cooked rice



~\$12

1. Heat oil and gently fry onion, garlic, ginger and curry paste until onion is tender but still pale.
2. Add all vegetables and sauté for 5 minutes.
3. Add water, coconut milk/cream, and drained chickpeas, bring to the boil and simmer for 10 minutes.
4. Serve with rice, roti and garnish of coriander leaves.

Mexican Chilli Beans, Tortillas and Guacamole.

1 can of red kidney beans drained and rinsed

1 small onion

1 small green capsicum

1 clove of garlic- crushed

Vegetable oil

Mexican chilli powder

Smoked paprika

1 tin of Italian tomatoes/or 3 ripe peeled tomatoes

Tortilla chips



1 avocado

Lime

Salt

½ a small Red onion, finely chopped

Sour cream

~\$15

1. Heat oil, gently cook onion and garlic until softened but still pale, add capsicum, and spices to taste.
2. Add tomatoes and red kidney beans – simmer until cooked and beans tender.
3. Make Guacamole: roughly mash avocado with lime juice and salt, season with cumin and smoked paprika. Mix though read onion and a small amount of sour cream.
4. Top oven toasted tortilla chips with bean mixture and Guacamole to serve.

Greek Style Baked Beans with Toast.

1 can of butter beans drained and rinsed

1 can of Italian tomatoes – chopped/ or fresh ripe tomatoes chopped

2 cloves of garlic whole

1 onion finely sliced

Olive oil

Parsley

Dill

Black pepper

~\$4.00

1. Heat oil and sauté the onion and garlic bulbs, then add the tomatoes simmer for 5 minutes
2. Toss sauce through the drained beans, season with salt.
3. Bake in a low oven for 30minutes.
4. Serve with crusty toasted bread sprinkle with chopped parsley, dill and black pepper.



Lentil and Cauliflower Dhal

- 1 tablespoon vegetable oil
- 1 onion thinly sliced
- 1 clove of garlic
- 1 tablespoon hot Indian curry paste
- ½ cup red lentils rinsed
- 1.5 cups vegetable stock
- 1 tablespoon tomato paste
- 250g cauliflower, cut into small florets
- ½ cup of frozen peas
- Roughly chopped coriander leaves

~\$5.00

250mL Natural yogurt

Naan

1. Heat oil add onion, garlic and curry paste, stir for 5 minutes until onion softens
2. Add lentils and stir well.
3. Add stock and tomato paste, bring to the boil, cover and simmer until vegetables are tender, add peas for the last 2 minutes, add coriander. Serve with naan, yogurt, and garnish with coriander.



Blueberry and vanilla lupin flour muffins – makes 12.

2 cups (320g) wholemeal plain flour

½ cup (50g) lupin flour

3 teaspoons baking powder

¾ cup (155g) caster sugar

1 egg

½ cup canola oil

1 cup buttermilk or low fat Greek yogurt

1 ½ teaspoons vanilla extract

1 cup (150g) frozen or fresh blueberries

~\$9.00



1. Preheat oven to 180 °C and line a 12-hole 1/3 cup capacity muffin pan with patty pans.
2. Sift wholemeal plain flour, lupin flour and baking powder into a bowl. Return bran husks into the flour. Stir in sugar to combine. Make a well in the centre.
3. Combine yogurt, eggs, vanilla and oil in a jug. Pour over flour mixture. Add blueberries. Stir until just combined.
4. Divide blueberry mixture among muffin pans. Bake for 25 minutes or until golden and cooked through. Stand in the pan for 5 minutes. Turn out onto a wire rack to cool. Serve warm or at room temperature.