



North African Lentil

Pop-up





PLAN YOUR OWN LENTIL POP-UP EVENT!

1

CHOOSE A THEME

Pick a fun theme to anchor your event - choose one from Lentils.org's fun collection, or create your own!

2

PICK YOUR RECIPES

Select a few recipes that go with your theme - we have compiled some of our faves for you & work with your culinary team to plan.

3

DECORATE

Decorate your popup display with jars of dry lentils & any decor items that match your theme. Print off nutrition & sustainability reference sheets from the Lentils.org toolkit, or use digital signage.

4

EXECUTE & ENGAGE WITH STUDENTS

Time to execute - serve up your creations & chat with students about lentils! Remember to take pictures!

**BONUS: REACH OUT TO US TO REQUEST HAND-OUTS,
SWAG & DIGITAL IMAGES SENT TO YOU**

INFO@LENTILS.ORG

Lentils.™

LENTILS & SUSTAINABILITY

NITROGEN FIXING CROP
NEGATIVE CARBON IMPACT
LOW WATER FOOTPRINT
ZERO WASTE PRODUCTION
SOURCE OF PLANT PROTEIN

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LEARN MORE AT [LENTILS.ORG](https://lentils.org)

LENTILS: THE NUTRITIONAL POWERHOUSE



Lentils are nutritionally dense & a top source of sustainable plant protein

In a 1/2 cup serving of cooked lentils:

**12 GRAMS
PROTEIN**

**9 GRAMS
FIBER**

Slow release carbohydrates = Curbs appetite & keeps you full longer



SHAKSHUKA BREAKFAST BOWL

Servings: 10

Ingredients:

Grain Blend

4 cups (1 L) whole red lentils, cooked
1 cup (250 mL) whole green lentils, cooked
4 cups (1 L) farro, cooked
4 jalapenos, minced
4 oz (125 g) ginger, minced
2 Tbsp (30 mL) salt
2 Tbsp (30 mL) turmeric
1/4 cup (60 mL) coriander, ground
2 Tbsp (30 mL) cumin, ground
6 Tbsp (90 mL) canola oil

Sauce

4 cups (1 L) mushrooms, minced
4 yellow onions, minced
1/4 cup (60 mL) garlic cloves, minced
2 bell peppers, small dice
2 jalapenos, minced
5 cups (1.25 L) tomato paste
6 Tbsp (90 mL) smoked paprika
2 tsp (10 mL) cumin
2 Tbsp (30 mL) harissa paste
2 #10 cans San Marzano tomatoes
6 cups (1.5 L) chicken stock
2 Tbsp (30 mL) salt

Bowl Extras

20 poached eggs, soft
20 oz (625 g) Feta cheese, crumbled
20 oz (625 g) Swiss chard, wilted
5 oz (140 g) parsley, chopped fine

Directions:

1. Sauté all grain blend ingredients in a pan to season and aromatize the spices. Set aside.
2. For the sauce, in a large pot, sauté mushrooms, onions, garlic, peppers, and jalapeno until tender. Add tomato paste to cook down and cover the vegetables. Add paprika, cumin, harissa, tomatoes, and chicken stock to pot and simmer for 15 minutes.
3. Divide sauce and grain blend into bowls in 10 equal portions. Garnish each bowl with two poached eggs, 2 oz (60 g) of Feta cheese, 2 oz (60 g) of Swiss chard and 0.5 oz (15 g) of parsley.



NORTH AFRICAN COUSCOUS BOWL

Prep Time: 15 minutes

Total Time: 35 minutes

Servings: 10

Ingredients:

- 5 cups (1.25 L) couscous, cooked
- 5 cups (1.25 L) whole green lentils, cooked and drained
- 2 cups (500 mL) parsley, leaves and stems, chopped
- 2 cups (500 mL) cilantro, leaves and stems, chopped
- 1 cup (250 mL) mint, leaves chiffonade
- 1 cup (250 mL) shallot, minced
- 2 cups (500 mL) red bell pepper, fire roasted, peeled, julienne
- 2 cups (500 mL) yellow bell pepper, fire roasted, peeled, julienne
- ¼ cup (60 mL) garlic, roasted, minced
- ¼ cup (60 mL) Ras El Hanout bottled spice blend*
- ¼ cup (60 mL) lemon juice
- ½ cup (125 mL) canola oil
- ⅔ cup (150 mL) raisins
- 1 cup (250 mL) roasted almonds, roughly chopped

Directions:

1. In a large serving bowl, combine the couscous, lentils, parsley, cilantro, mint, shallots, red, and yellow bell peppers.
2. In a small bowl, whisk together a dressing using the garlic, spice blend, lemon juice, and oil.
3. Add dressing to the salad and toss well to coat.
4. Just prior to service, add raisins and almonds.

*Ras El Hanout is becoming a popular North African blend of up to 20 spices available through most foodservice purchasing channels.

A quick and simplified alternative to this, which you could make in a pinch would include mixing ground cinnamon, paprika, ground cardamom, ground turmeric, and cumin seeds.



EGYPTIAN KOSHARI BOWL

Prep Time: 20 minutes

Total Time: 50 minutes

Servings: 10

Ingredients:

1 Tbsp (15 mL) canola oil
1 cup (250 mL) garlic, thinly sliced
2 cups (500 mL) split red lentils, oven roasted*
3 Tbsp + 2 tsp (55 mL) Baharat spice blend
2 ½ cups (625 mL) brown rice, cooked
5 cups (1.25 L) whole red lentils, cooked
2 ½ cups (625 mL) whole wheat macaroni, cooked
5 cups (1.25 L) arrabiata pasta sauce
2 tsp (10 mL) black pepper
1 tsp (5 mL) chili powder
6 cups (1.5 L) zucchini, small dice
1 cup (250 mL) pomegranate arils
3 cups (750 mL) green onions, thinly sliced

*To oven roast split lentils:

Soak in water for 1 hour, drain, and pour out evenly on a cookie sheet. Cook at 400°F (200°C) for 15-20 minutes, tossing every 5 minutes to ensure even cooking.

Directions:

1. In a small sauté pan, add oil and garlic and shallow fry until crispy.
2. Combine fried garlic with warm roasted lentils and 2 tsp (10 mL) of Baharat. Toss well to coat. Reserve.
3. In a large mixing bowl, combine rice, lentils, and macaroni with arrabiata sauce. Add remaining Baharat, pepper, and chili powder and toss well to coat evenly.
4. In a separate mixing bowl, combine zucchini, pomegranate, and green onions and toss lightly to mix but be sure not to break the pomegranate.
5. To serve, plate the sauced lentil blend, top generously with vegetable mix, and garnish with crispy lentil mix. Enjoy warm.



MOROCCAN INSPIRED PIADINI

Prep Time: 10 minutes

Total Time: 30 minutes

Servings: 10

Ingredients:

2 Tbsp (30 mL) canola oil
1.5 lb (750 g) ground beef
3 Tbsp (45 mL) Ras El Hanout spice blend*
2 tsp (10 mL) salt
1 tsp (5 mL) pepper
1.5 lb (750 g) split red lentils, cooked
2 cups (500 mL) cucumber, small dice
2 cups (500 mL) tomato, small dice
2 cups (500 mL) spinach, rough chopped
20 oz (600 g) ricotta cheese
2 tsp (10 mL) thyme
2 tsp (10 mL) paprika
½ cup (125 mL) pumpkin puree, canned
10 each, whole wheat naan flatbread, lightly toasted on griddle

Directions:

1. In a large sauté pan, add oil and beef and begin to brown. Add spice blend, salt, and pepper. When meat is browned, add lentils to absorb flavor and heat through. Toss well to coat.
2. While the meat crumble is cooking, mix cucumbers, tomatoes, and spinach together in a bowl and set aside. Mix ricotta cheese with thyme and paprika and set aside.
3. To serve, spread pumpkin puree over a warm piece of flatbread. Top flatbreads evenly with meat crumble, vegetable mix, and dolloped ricotta cheese.

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CHICKEN TIKKA BUNNY CHOW

Prep Time: 10 minutes

Total Time: 30 minutes

Servings: 10

Ingredients:

- 2 cups (500 mL) low-sodium chicken stock
- 1 cup (250 mL) water
- 2 cups (500 mL) whole red lentils
- 3 lbs (1.5 kg) chicken thighs, boneless, skinless, cut into 1-inch chunks
- 3 Tbsp (45 mL) canola oil
- 1 cup (250 mL) yellow onion, diced
- ½ cup (125 mL) tomato paste
- ¼ cup (60 mL) garlic, minced
- 3 Tbsp (45 mL) ginger, grated
- 1 Tbsp (15 mL) garam masala
- 1 Tbsp (15 mL) chili powder
- 1 Tbsp (15 mL) turmeric
- 1 qt (945 mL) tomato sauce
- 1 cup (250 mL) heavy cream
- 4 loafs whole wheat pullman loaf, cut into thirds (optional)
- ¼ cup (60 mL) cilantro, chopped

Directions:

1. In a medium rondeau or wide braising pan, add stock, water, and lentils and cook on a simmer for 10 minutes.
2. In a separate pan, add chicken, oil, and onion and cook until golden brown, approximately 5 minutes. Stir in tomato paste, garlic, ginger, garam masala, chili powder, and turmeric. Cook until fragrant, approximately 1 minute.
3. Transfer chicken with spices to the rondeau with the lentils. Add tomato sauce and bring up to a boil. Reduce to simmer and cook until lentils are tender, stirring occasionally, approximately 10 minutes.
4. Stir in heavy cream and heat through.
5. Scoop out ⅔ of the center of each portion of loaf.
6. Serve curry inside the pocket of loaf and garnish with cilantro. Optionally serve in a bowl instead.



GREEN LENTIL SHAKSHUKA BOWL

Prep Time: 10 minutes

Total Time: 30 minutes

Servings: 10

Ingredients:

2 cups (500 mL) cilantro, leaves and stems
2 cups (500 mL) parsley, leaves and stems
1 cup (250 mL) baby kale
3 each, garlic clove
2 tsp (10 mL) salt
½ cup (125 mL) water
½ cup (125 mL) canola oil
1 Tbsp (15 mL) lime juice
1 lb (500 g) whole green lentils, cooked, drained, divided
4 cups (1 L) low-sodium vegetable stock
10 each, eggs
5 cups (1.25 L) farro, cooked to tender
15 oz (425 g) Cotija cheese, crumbled

Directions:

1. Preheat oven to 350°F (180°C).
2. Place cilantro, parsley, kale, garlic, salt, water, oil, lime juice, and ¼ lb (125 g) lentils into a food processor and pulse until a smooth pesto-like consistency is reached.
3. Fold the remaining lentils into the sauce.
4. In a large hotel pan over medium heat, add the sauce and sauté with the vegetable stock for 2 minutes to warm through and mellow out the garlic.
5. When sauce is hot throughout, reduce heat to low and crack eggs into the pan, leaving space between each. Cover pan with foil and place in oven for 10 minutes.
6. Check doneness of the eggs. When ready to serve, serve a scoop of sauce and one egg over ½ cup (125 mL) serving of farro and garnish with 1 1/2 oz (45 g) of Cotija cheese.



ROCKIN' MOROCCAN BURGER

Prep Time: 20 minutes

Total Time: 30 minutes

Servings: 14

Ingredients:

1 lb (500 g) lentils, whole red, cooked, pureed
1 lb (500 g) mushrooms, roasted, pureed
1 lb (500 g) ground beef
1 cup (250 mL) onion, chopped, sautéed
1/4 cup (60 mL) garlic, chopped, sautéed
1/4 cup (60 mL) mint, chopped
1/4 cup (60 mL) basil, chopped
1/4 cup (60 mL) flat leaf parsley, chopped
1 tsp (5 mL) salt
2 qts spinach leaves
14 slices tomato
3 1/2 cups (875 mL) lemon za'atar aioli*
14 burger buns

Directions:

1. Combine pureed lentils and mushrooms with ground beef.
2. Add sautéed onions, garlic, mint, basil, parsley, and salt.
3. Form 14 4 oz patties.
4. Grill on a flat top to desired burger doneness.
5. To build the burger, top bun with a patty, 1/2 cup (125 mL) spinach leaves, a tomato slice, and 2 oz of aioli.

*TO MAKE LEMON ZA'ATAR AIOLI:

In a small mixing bowl, combine:
3 1/3 cups (825 mL) low fat mayonnaise
3 Tbsp (45 mL) za'atar
2 Tbsp (30 mL) lemon juice
2 Tbsp (30 mL) garlic puree
1 tsp (5 mL) salt



MOROCCAN BRAISED CHICKEN, LENTILS & TOMATO

Prep Time: 10 minutes

Total Time: 40 minutes

Servings: 6

Ingredients:

1 chicken cut into 8 pieces (or equivalent in breasts and/or thighs), skin on
1 medium white onion, finely chopped
2 garlic cloves, thinly sliced
1½ Tbsp (20 mL) smoked paprika
1 Tbsp (15 mL) cumin
1 cup (250 mL) split red lentils, rinsed
1 cup (250 mL) whole cherry tomatoes
2 cups (500 mL) low sodium chicken stock
3 bay leaves
1 tsp (5 mL) chili flakes (optional)
Finely chopped parsley (garnish)

Directions:

1. Preheat oven to 400°F (200°C). In an ovenproof fry pan (or cast iron pan) over medium/high heat add a good splash of olive oil. Pat chicken on both sides with a paper towel to remove excess moisture, season generously with salt and pepper on both sides and add to the pan. Be sure not to crowd the pan or the chicken will steam and not sear. Sear the chicken in batches if required. Cook for 3 to 4 minutes on both sides or until golden brown. Remove pieces and set aside.
2. Remove excess oil from the pan, or add more olive oil if needed. Over medium heat add onions, garlic, smoked paprika, and cumin. Stir for 3 to 5 minutes or until onions become transparent, but not browned. Then add lentils, stock, tomatoes, bay leaves, chili flakes, and chicken pieces. Slide into oven and bake for 20 to 25 mins (do not add a lid to the pan). Check chicken and lentils for doneness. Turn oven off and turn on broiler feature. Brown up the tomatoes for a minute or so then remove pan from oven and check lentils for seasoning. Garnish with finely chopped parsley and extra chili flakes to taste.



LET US KNOW HOW IT WENT!

Putting together a pop-up event, or maybe just hosted one? Let us know! Send us your pictures and let us know the feedback!

[INFO@LENTILS.ORG](mailto:info@lentils.org)

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