

The Simple High-Protein Lentil Flatbread I Keep Coming Back to for Easy Meals

High in plant-based protein:



HIGH-PROTEIN LENTIL FLATBREAD
INFUSED WITH LOVELY HERBS

You Will Need

- 1 cup red lentils, rinsed (200g)
- 1 1/2 cups water (360ml)
- 1/2 tsp salt (2.5g)
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TIME
10 min

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INGREDIENTS

- 1 cup dry red lentils
- 2 cups water (for soaking)
- 1/2 cup water (for blending)
- 2 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon black pepper
- 1 tablespoon olive oil (plus more for cooking)
- Fresh parsley or cilantro for garnish (optional)

DIRECTIONS

- 1. Soak the Lentils:** I start by rinsing the lentils thoroughly and then soaking them in 2 cups of water for about 2 hours. This softens them and makes them easy to blend.
- 2. Blend the Batter:** Once the lentils are softened, I drain them and add them to a blender with 1/2 cup of fresh water, minced garlic, salt, cumin, oregano, black pepper, and olive oil. I blend until smooth and slightly thick - almost like pancake batter.
- 3. Preheat the Pan:** I heat a non-stick skillet over medium heat and add a touch of olive oil.
- 4. Cook the Flatbreads:** I pour about 1/4 cup of batter into the skillet, spreading it gently into a circle. I cook for 2-3 minutes on each side until golden brown and cooked through. I repeat until all the batter is used, placing finished flatbreads on a plate lined with a kitchen towel.
- 5. Garnish and Serve:** Before serving, I like to sprinkle the flatbreads with fresh herbs or even a dash of red pepper flakes for extra flavor.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/the-simple-high-protein-lentil-flatbread-i-keep-coming-back-to-for-easy-meals/>