**Pitta Pockets for 4 people**

**Ingredients**

lentils (cumin & coriander)

a little oil to fry

2 cloves of garlic

2 onions 1 pepper 1 tin of sweetcorn

pitta bread

1. Cook 200-300g of dried red lentils in water with some salt and cumin and coriander to taste. Use as little water as possible as the mixture should be fairly firm when it is cooked. Keep stirring to stop it sticking and add the water a little at a time.
2. Chop the onions, garlic and pepper and fry in the oil.
3. Drain and add the sweetcorn.
4. Add the pre-cooked lentils and heat.
5. Cut the pitta pockets in half and stuff with the vegetable mixture.
6. Add a little relish or grated cheese if desired.