



Vegetarian 'Meat' balls

By: Anton Mac Donald

Friday, 09th December 2016

Ingredients

- 1 Med onion
- ½ Yellow bell pepper
- 10 g Parsley
- 15 g Basil
- 200 g Brown lentils (cooked)
- 100 g Mushrooms
- 30 g Bread crumbs
- 50 g Pea flour
- 20 g Sugar
- 200 g Sweet potato (roasted)
- 20 g Psyllium husk powder (obtained from a health shop)
- Crushed dried red chili (to taste)
- Salt (to taste)

Method

- Roast sweet potato and set aside.
- Cook brown lentil until soft and set aside.
- Dissolve the sugar in a little water and boil in a heavy saucepan.
- Boil the sugar until the sugar is black and a thick syrup this will give the color. With a bit of practice the color will be right.
- Mix the hot syrup with hot sweet potato to allow syrup to melt, the sweet potato should be fine (from mixing) and dark (from sugar syrup).
- Finely chop the onion, pepper, mushroom, basil and parsley and add to sweet potato.
- Add the cooled lentils, bread crumbs and pea flour, psyllium husk powder and mix.
- Season with red chili and salt to taste and mix.
- The mixture should be of a stiff consistency and hold as balls when formed.
- Form balls and place on an oiled baking sheet.
- Bake at 180°C shaking every 5 minutes to ensure even browning. The balls might stick the first time then loosen with a thin egg lifter be careful not to break balls. Bake until evenly brown about 30 minutes.

Serve hot as a side dish. Or can be used as a main course in a sauce (see recipe for spaghetti and balls on website) .

Make ± 30 Small balls.