



Vegatarain 'Meat balls' 2

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Ingredients

- 1 cup Brown Lentils
- 6 Button mushrooms
- 1 Onion
- ½ tsp ground Bay leafs
- 1 tsp ground Coriander seeds
- ½ tsp crushed dry red chilly
- 1 tsp mixed herbs
- 3 tsp BBQ spice
- 2 tsp Mild yellow curry
- 2 tsp Tomato paste
- 10 ml Psyllium husk powder
- 30 ml Pea flour
- Salt to taste

Method

- Cook lentils in water until soft. Drain and set aside.
- Chop Mushrooms about the size of the lentils.
- Fry the mushroom at high temperature in a little oil. Set aside.
- Chop the onion and fry together with Bay leafs, Coriander, Red chilly, and mixed herbs. With a little oil.
- Add the fried mushrooms.
- Add the spices and fry mixing until all spices is mixed in.
- Gradually add 1 cup of water.
- Add Tomato paste.
- Add the cooked Lentils and cook until dry. Stirring all the time.
- leave till cool and add Psyllium husk powder and Pea flour. Mix with hands untill mixture can hold balls.
- Form balls and set aside. (Wet your hands this will prevent it from sticking. Press to form ball cant be rolled into ball.)
- Fry in oil until a crust just form. Take care not to break balls try using a spoon to turn them over.

Make 24 Balls.