



VEGAN LENTIL AND ZUCCHINI BALLS

🔪 15 min ⌚ 55 min 🌿 medium 🍴 15 pieces

INGREDIENTS

Balls

200 g zucchini, cut into pieces
150 g onion, cut into halves
30 g parsley, (leaves only)
250 g red lentils, soaked in water overnight and strained
2 tsp salt
1 tsp pepper
½ tsp turmeric (optional)
50 g bread crumbs

Tahini

150 g tahini
75 g water
1 tsp salt
1 tsp vinegar
50 g lemon juice
Arabic pita bread for serving

USEFUL ITEMS

bowl
baking tray
baking paper
serving dish

PREPARATION

Balls

1. Place zucchini, onion and parsley into mixing bowl and chop **3 sec/speed 5**. Transfer into simmering basket and set aside to strain for 15 minutes.
2. Place lentils into mixing bowl and chop **20 sec/speed 5**. Scrape down sides of mixing bowl with spatula.
3. Add salt, pepper, turmeric and chop **10 sec/speed 5**. Scrape down sides of mixing bowls with spatula.
4. Add bread crumbs, strained zucchini, onion and parsley after gently patting dry with paper towel and mix **40 sec/reverse/speed 3**. Transfer to a bowl and set aside.
5. Pre-heat oven at 180°C. Cover baking tray with baking paper and set aside.
6. Shape into a ball (approx. 40g) with your hands and gently press to flatten. Transfer to prepared baking tray. Repeat process with entire mixture. Bake for 25 minutes or until golden brown (180°C). Transfer to a serving dish.

Tahini

7. Place tahini, water, salt, vinegar, lemon juice and mix **2 min/speed 4**. Transfer into a bowl and serve with vegan balls and pita bread.