



Lentil Meatballs



DIFFICULTY: MEDIUM



PREPARATION TIME: 40
MINS



COOKING TIME: 20 MINS



SERVES: 4

Ingredients

FOR THE LENTIL MEATBALLS:

- 250 g red lentils
- 2 whole cloves
- 1 bay leaf
- 300 ml water
- 1 red onion
- 2 garlic cloves
- 1 tart apple
- 20 g dried apple chips
- 50 g walnut halves
- 3 eggs
- 1 tsp Dijon mustard
- 2 heaped tbsp quick oat flakes or rolled oats
- 2 tbsp corn flour
- 3 tbsp chopped parsley
- 2 finely chopped spring onions
- ½ tsp coriander
- 1 tsp ground cumin

Method

Wash the lentils in cold water, drain in a sieve. Place the lentils, cloves, bay leaf and water in a small unperforated steamer container and cook on shelf level 2 for 10 minutes at 100 °C Steam setting. Remove the cloves and bay leaf.

Peel and finely dice the onion and garlic. Peel, core and finely dice the apple. Chop the apple chips and walnuts.

Mix all the ingredients in a bowl. Season with salt and pepper and leave to stand for about 10-15 minutes. Using an ice cream scoop, divide the mixture into 10 portions and form patties with wet hands.

Place on a plate. If the mixture is too soft or sticky, freeze the patties briefly. Fry the meatballs in hot sunflower oil on the Teppan Yaki on the induction cooktop on level 6 for about 3 minutes per side.

Peel the cucumber, grate it finely, and sprinkle with a little salt. After 10 minutes, squeeze the grated cucumber and add it to the yogurt. Sprinkle the cucumber yogurt with chopped fresh chives and serve with the meatballs.

1 tbsp Worcestershire sauce

Salt

Freshly ground black pepper

Sunflower oil

FOR THE YOGURT SAUCE

100 g yogurt

½ cucumber

Salt

Fresh chives

Notes

Notes : The size of the eggs used can affect the consistency of the patties. If using large eggs use only 2.