

Lentil Balls With Red Cabbage

Visual Recipe by DAREBEE © darebee.com



1 cup - 7oz - 200g lentils
½ cup - 2oz - 60g sunflower seeds
2 tbsps - 1oz - 30g ground flax seeds
2 cups - 3oz - 100g red cabbage
2 tbsps tahini

2 PORTIONS

LEVEL UP! Add nutritional yeast, 1 tsp psyllium husks and 1 tsp of balsamic vinegar to the mix. Add 1 tbsp of lemon juice to the tahini sauce. Add sesame seeds for garnish.

INSTRUCTIONS

1. Rinse the lentils really well. Transfer the lentils to a cooking pot. Cover with double the amount of water and stir once. Bring water to a boil then lower heat to low. Cover with a lid and simmer until the lentils are tender and have completely absorbed the water - 35 minutes. You want them to be slightly overcooked for this recipe.
2. Add cooked lentils, ground flax seeds and sunflower seeds to a mixing bowl. Season for taste. Mash with a fork or a potato masher until combined. If the mix is too crumbly, add a dash or two of water.
3. Roll into bite-sized balls.
4. Preheat the oven to 400°F (200°C). Place lentil balls on top of a baking tray lined with baking paper and bake in the oven for 20 minutes or until they begin to form a golden brown crust.
5. Add cut red cabbage to a plate.
6. Add lentil balls and drizzle with tahini thinned with water 1:2 ratio. Sprinkle with sesame seeds.

