

Frikkadels

Or meatballs... But since we're keeping it green on Mondays, there will be no meat in these delicious little balls.



Image Supplied

Ingredients

- 200g soya mince (if using dried, soak the mince in hot water for 20 min beforehand)
- ½ cup fresh parsley, chopped
- One teaspoon (5ml) garlic, crushed
- ½ small onion, finely chopped
- Two tablespoons (30ml) chickpea flour
- The equivalent of two eggs, beaten until frothy (e.g. flax egg or other egg substitutes)

Instructions

1. Mix all ingredients in a bowl, adding egg replacement last
2. Roll into small balls with wet hands (use a teaspoon to make sure they are the same size)
3. Place on a floured surface and fry balls in oil in batches until the outside is crispy
4. Serve on spaghetti, with a Napoletana sauce, or on a bed of fresh greens with a splash of olive oil.

Tip: Use this recipe as a base. For variety in flavour, you can add anything you like – e.g. curry paste, cilantro or olive pieces.

Recipe: Laura Germishuys for HSI, Africa

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