Vegan Lentil & Hemp Seed Meatballs in Hemp Seed Curry

**Lentil Meatballs:**

1 cup cooked red lentils, drained well  
½ cup cooked millets  
3 tbsp tomatoes, chopped  
1 tbsp ground pumpkin seeds  
2-3 tbsp hulled/shelled hemp seeds  
1 tbsp gram flour (besan)  
½ tsp garlic powder  
½ tsp onion powder  
¼ tsp salt, or to taste  
¼ tsp black pepper, or to taste  
½ – ¾ cup Panko bread crumbs

Combine all ingredients except bread crumbs in a food processor, pulse 6 -8 times until combined. Don’t overmix. Add the breadcrumbs to a shallow bowl. Use a spoon to scoop out the bean mixture and use your hand to mold into a ball. You can’t really roll them in your hand; gently shape them. Then, coat the bean balls in the crumbs by gently pressing them into the crumbs. Put aside and make the curry.

**Hemp Curry:**

Soak hemp in water for 1 hour. Then puree and strain using fine sieve. Using a mortar pestle smash ginger, garlic, green chilli, onion and tomato. Keep in separate bowls. In a pan heat oil, then add jakhia. Then, add the ginger and garlic and green chilli, and let it cook. Once golden brown, add the onion and cook. Add a pinch of salt. Add the tomatoes. Once they leave oil add the dry spices and allow them to cook. Put the vegan meatballs next and cook for 20 minutes. Finally add the hemp paste by passing it through a fine sieve. Cook for 15 minutes. Check seasoning. Serve!