

## 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
- ⅛ 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:

- 200 g Hemp seed
- 60 ml Mustard oil
- 5 g Jakhia seeds
- 20 g Ginger
- 15 g Garlic
- 5 g Green chilli
- 300 g Onion
- 200 g Tomato
- 20 g Yellow chilli
- 10 g Cumin powder
- Salt to taste



- 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 chili, 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!