



# LENTIL BALLS

HEAT LEVEL 

Savor our Lentil Balls - a flavorful and nutritious alternative, perfectly seasoned and crafted for a satisfying plant-based culinary experience.

20 Mins

6 Servings

## INGREDIENTS

375 ml (1½ cups) brown lentils (330 g)  
1 litre (4 cups) vegetable stock  
1 red onion, finely chopped  
3 slices white bread  
80 ml (¼ cup) Spur Hickory Basting  
1 extra-large egg, lightly beaten  
125 ml (½ cup) cake flour  
5 ml (1 tsp) Spur Smokey BBQ Spice  
Freshly ground black pepper, to taste  
45 ml (3 Tbsp) fresh, chopped mixed herbs or 15 ml  
(1 Tbsp) dried mixed herbs

### CRUMB

2 extra-large eggs, beaten  
250 ml (1 cup) dried breadcrumbs

## METHOD

- 1 Place the lentils in a large, heavy-based saucepan. Cover with stock and bring to the boil over medium heat. Simmer uncovered for about 30 minutes or until soft. Drain and mash lentils lightly. Set aside to cool.
- 2 Soak the bread slices in Spur Hickory Basting until soft. Combine the softened bread, lentils, Spur Smokey BBQ Spice and the remaining ingredients. Mix well.
- 3 Crumbing: Roll mixture into heaped teaspoon-size balls. To crumb, dip into beaten egg, then roll in breadcrumbs.
- 4 Heat oil in a small, heavy-based saucepan. Deep-fry balls in hot oil until golden brown and done. Remove from oil with a slotted spoon and drain on paper towel.
- 5 Skewer balls onto wooden skewers. Serve with a salad and drizzle with Spur Sweet Chilli Dressing.

## VARIATIONS

None

