

Kofta Balls in Pepita Sauce

Serves 4

Ingredients

Kofta Balls

240g adzuki beans cooked
1 tsp cumin seeds
½ cup pepitas coarsely ground
1 tsp salt
6 tsp Hayley's spice mix
1 tsp Hing (asafoetida)
2 medium potatoes cooked and mashed
4 tbsp besan flour
2 tbsp lemon
2 tsp oil

Sauce

4tsp oil for frying
4tsp spice mix
1 tsp hing(asafoetida)
2 tsp salt
¾ cup pepitas
3 cups almond milk
2 tbsp lemon

Hayley's Spice mix

2tsp cumin seeds
2 tsp coriander seeds
½ tsp cardamom pods
½ tsp cinnamon
1 tsp fennel seeds
1 tsp turmeric powder
¼ tsp salt
¼ tsp pepper

Coriander for garnish

Method

1. Preheat oven to 200°C.
2. Boil the potatoes and mash.
3. Make the spice mix by dry frying all the spices for two minutes then leaving them to cool down. Once cool grind them in a spice grinder.
4. Dry fry the cumin seeds and leave whole.
5. In a bowl, mash the beans and ground pepitas. Add the cumin seeds, salt, hing and spice mix and mix well. Add the mashed potato, besan flour, lemon and oil and use hands to mash and mix.
6. Taking 2-3 tbsp of mixture, make oval balls and place on a sheet of baking paper on a tray. Should make 6 balls. Brush oil on the balls and bake for 20-25 minutes.
7. To make the sauce place the pepitas in a blender with almond milk, lemon and salt.
8. Heat oil in a pan and add spices, frying for 2 to 3 minutes. Add the sauce mixture and stir until it begins to thicken which will take approximately 4 minutes.
9. Add kofta balls to sauce and serve hot with coriander as garnish.



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