

# Taro, Mushroom and Macadamia Balls

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These freeze super well

## Ingredients

400g boiled taro (takes 10 minutes to boil in boiling water)  
200g mushrooms  
375g tofu crumble  
3 tbsp rice flour  
½ cup water  
1 tbsp olive or sunflower oil  
2 tsp Chinese 5 spice  
2 tbsp roughly chopped macadamia  
Corn kernels from 1 corn cob  
1 carrot diced super small  
1 tbsp tamari  
Salt and pepper to taste

## Method

1. Mash the taro and place in a bowl with the macadamia nuts.
2. Place ½ the oil in a wok and fry the corn, carrots and mushrooms with the tamari and Chinese 5 spice. Cook until almost cooked through with carrots having a crunch. Place veg in the bowl with the taro.
3. Place the rest of oil in the wok and add the crumbled tofu, add a sprinkle of salt and fry until a little brown, add the flour and the water to the wok and stir for 5 minutes or so or until the flour has thickened the tofu and is cooked through. Add the tofu to the bowl with the taro and vegetables.
4. Season the taro, veg, tofu mix with salt and pepper then roll into balls.
5. Place on baking paper lined baking tray and bake in 180°C oven for 20 to 30 minutes or until browned on the bottom.



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