

Crispy lentil balls with curry sauce

Total time **60 mins** 30 mins preparation time 30 mins cooking time

INGREDIENTS

10 portion(s)

For the lentil balls:

500 g	red lentils
1 l	vegetable stock
100 ml	<u>Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce</u>
70 g	onion, diced
150 g	egg
5 g	paprika powder, mild
5 g	cumin, ground
100 g	breadcrumbs, gluten-free

For the sauce:

10 g	curry powder, mild
5 g	turmeric, ground
	Vegetable oil
500 ml	coconut milk
100 ml	<u>Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon</u>
5 g	cornflour

For the vegetables:

200 g	sugar snap peas, cut into bite-sized pieces
200 g	baby sweetcorn, cut into bite-sized pieces
200 g	red pepper, cut into bite-sized pieces

Also:

200 g	basmati rice
	Butter

PREPARATION

Step 1

Lentil balls: Rinse the lentils and cook in vegetable stock according to the packet instructions (approx. 30 minutes) over a medium heat until very soft. Drain, add the Kikkoman Gluten free Soy Sauce and leave to steam dry. Meanwhile, sauté the onions in a little oil over a medium heat for 4–5 minutes. Add to the lentils. Fold in the eggs, paprika powder, cumin and breadcrumbs. Leave to stand for approx. 10 minutes. Divide into portions of approx. 40 g and shape into balls with damp hands. Cover and chill until needed. Deep-fry to order for approx. 3–4 minutes at approx. 170°C until golden brown.

Step 2

Sauce: sauté the curry powder and turmeric in a little oil over a low heat for approx. 1 minute. Add the coconut milk and season with the Kikkoman Ponzu Lemon. Thicken to the desired consistency with the cornflour.

Step 3

Blanch the vegetables in salted water. Cook the rice according to the packet instructions, then reheat in portions in a sauté pan with a knob of butter.

Step 4

To serve, add the vegetables to the sauce and bring to the boil. Spoon approx. 50 g sauce and 50 g vegetables onto each plate. Arrange three fried lentil balls on top and serve with approx. 50 g rice.