

Vegetarian meat balls in Masala sauce



- 1 cauliflower, cut into florets
- 3 cups cooked quinoa and brown rice
- 3/4 cups almond meal
- 4 eggs
- 1 Tsp paprika
- 1 Tsp cumin, ground
- 2 tsp salt

Cook the cauliflower florets in a pot of boiling water for about 5 minutes, till fork-tender. Drain well. Pulse the quinoa and cauliflower through a food processor until semi-smooth. Transfer mixture to a large mixing bowl and combine with all other ingredients. Stir until everything is incorporated. Roll into small balls.

Heat a little oil in a pan over medium heat – add the balls and cook for a few minutes on each side until browned all the way around. Add masala sauce and serve.

Masala paste

- 2 onions
- 5 cloves garlic
- 1 knob fresh ginger, crushed
- 3 Tsp garam masala
- 1 Tsp chilli powder
- 1 Tsp turmeric
- 1 Tsp cumin
- 1 1/2 teaspoons ground cloves
- 2 tsp salt
- 1/2 tsp cayenne pepper
- Handful coriander stems
- Handful blanched almonds
- juice of one lemon

Pulse all the ingredients for the Masala Paste in a food processor until smooth.

Masala sauce

1 1/2 cups tomato puree

1/2 cup water

1 14-ounce can coconut milk

Heat a drizzle of oil in pan, add 1/4 cup masala paste, stir around in the pan until fragrant, Add the tomato puree and water and simmer until t's a rusty-deep-red colour – about 5-10 minutes. Add the coconut milk, simmer for 10 minutes or so until thick and creamy.