



cumin & eggplant veggie 'meatballs'

No meat? No problem! You can make these bomb veggie 'meatballs' with some egg plant, courgette with the delicious flavor of whole cumin.



Ingredients

1 cup of bread crumbs	Vegetable oil for frying
1 egg	2 tomatoes, grated
1 egg plant	1/4 teaspoon of turmeric
2 courgettes	1 red onion, finely chopped
4 cloves of garlic	1/2 a teaspoon of cumin seeds
1 teaspoon of mixed spices	1 teaspoon of tomato paste
1 teaspoon of black pepper	Finely chopped coriander
1 small green bell pepper	Cheddar cheese, optional
Salt to taste	

Method

Slice your egg plant and courgette and grill them until they are cooked through. Slice your hoho very finely and add these three together with the egg, breadcrumbs and the spices. Run these through a food processor until completely mixed. Transfer this into a bowl and allow to cool for minimum 30 minutes so that rolling them is easier.

After this time has lapsed, roll them into your balls and fry them until they turn golden brown. Then set aside.

In a pan, add your whole cumin seeds and cook them until they are fragrant. Add the finely chopped red onion. After about 3 minutes, add the tomatoes, tomato paste and turmeric and allow this to cook down for about 5 minutes.

Add the veggie 'Meatballs' and let them simmer on low heat so that all the flavors meld. If you have your cheese, you can add it at this point. After about 15 minutes, remove from the heat, garnish with your freshly chopped coriander and serve.



SERVE WITH: o its own

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/cumin-eggplant-veggie-meatballs/>