

Thai Veggieballs

Ingredients

- 1 can chickpeas
- 1 can water chestnuts
- 300g tempeh or firm tofu
- 1 onion
- 2 carrots
- 1 cup basil leaves
- 1 cup mint leaves
- 2 cups breadcrumbs
- 2 tbsp sweet chili sauce
- 2 tbsp minced ginger
- 2 tbsp minced garlic
- 2 tbsp soy sauce

Method

1. Preheat the oven to 150C / 300F.
2. Drain the chickpeas and water chestnuts.
3. Chop the tofu and the onion, and grate the carrots.
4. Blend all the ingredients together until it forms the texture of mince.
5. Form into balls, roll in breadcrumbs, and bake until brown and crisp on the outside.

Revision #4

Created 9 December 2024 17:44:11 by Anna Pardee

Updated 25 January 2025 20:32:44 by Anna Pardee