

Beans, Rice And Everything Nice

Millet and Lentil Balls



original recipe by beansriceeverythingnice.weebly.com

Ingredients

makes 4 - 6 servings

1/2 cup gluten-free millet
1/2 cup red lentils, sorted
1 small potato, diced
2 1/4 cups water
1 teaspoon dried oregano
1 teaspoon dried basil
1 teaspoon dried thyme
1/2 teaspoon fennel seeds, crushed
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/4 teaspoon crushed red pepper flakes
or cayenne powder
1/4 teaspoon freshly ground black pepper
10-12 sun dried tomato halves
(not packed in oil), sliced
1/4-1/2 cup capers, drained and rinsed

1. Place the sorted and washed lentils, millet and potato cubes in a medium saucepan along with the water. Bring to a boil over medium-high heat. Reduce heat the medium-low and simmer for 25-30 minutes, until all the water has been absorbed. Set aside until cool enough to handle.
2. Put the cooled mixture in a large mixing bowl. Add the seasoning ingredients and mix well.
3. Line a baking sheet with parchment paper or a silicone baking mat. Scoop out about 2 Tablespoons of the batter and form into a round ball with your hands. Place the balls on the prepared baking sheet. When all the mixture has been made into balls, place the baking sheet in the refrigerator to set for 20 minutes. Preheat the oven to 205C/400F.
4. When the oven is ready, bake the balls for 20 minutes, turn them over and bake for 20 more minutes. Serve.