

BOIL 20 MIN

AIR FRYER 180 °C · 15 MIN

MAKES ~16

Great with a garlic yogurt dip or tomato sauce.

PLANT-BASED RECIPES · Nº 07

Veggie balls

07

#plant-based #air-fryer #meal-prep

INGREDIENTS

- [ ] Potatoes (3 medium, ~500 g)
- [ ] Carrots (2, ~200 g)
- [ ] Chickpea flour (60 g, ~6 tbsp)
- [ ] Garlic powder (1 tsp)
- [ ] Smoked paprika (1 tsp)
- [ ] Ground cumin (½ tsp)
- [ ] Fresh parsley (1 handful)
- [ ] Salt and pepper
- [ ] Olive oil spray

Before you start: *Peel the potatoes and carrots and cut them into even chunks so they cook at the same time.*

✂ CUT & KEEP

STEPS

1. **Boil.** Cook the potatoes and carrots in salted boiling water for 15–20 minutes, until a fork slides in easily.
2. **Drain and steam dry.** Drain well and leave them in the colander for 5 minutes. Less moisture means balls that hold together.
3. **Mash and season.** Mash until mostly smooth. Mix in the garlic powder, paprika, cumin, chopped parsley, salt and pepper.
4. **Bind.** Add the chickpea flour a spoonful at a time until the mixture holds its shape and no longer sticks to your hands.
5. **Shape.** Roll into balls the size of a walnut. You should get about 16.
6. **Air fry.** Line the basket with baking paper, add the balls and spray them with oil. Cook at 180 °C for 15–18 minutes, turning halfway, until golden.



MY NOTES