

Greek Vegetarian

Ingredients

For meatballs

500g chickpeas
3 tablespoons olive oil
1 tablespoon baking powder
1 teaspoon cumin powder
lemon zest, of one lemon
lemon juice of 1/2 lemon
3 onions, dry
1 clove of garlic
1 bunch of mint
1 tablespoon parsley
salt
pepper
200g all-purpose flour

For the sauce

1 tablespoon olive oil
1 onion, dry
1 stick cinnamon
3 bay leaves
1 teaspoon oregano, dry
1 chilli pepper, dried
1 clove of garlic
1 teaspoon of granulated sugar
1 tablespoon tomato paste
3 tomatoes
salt
pepper

To serve

basmati rice, boiled
fresh oregano
1 tablespoon olive oil

Soutzoukakia

For the Vegetarian oriental meatballs

Place the chickpeas in a bowl with a generous amount of water and add salt. Soak them for 12 hours or overnight, until they soften. When ready, drain, rinse and dry off. Transfer to a good processor and pulse a little making sure you don't create a paste. Transfer to a bowl and add olive oil, baking powder, cumin, lemon zest, lemon juice, grated onion, grated garlic, finely chopped mint, salt and pepper. Mix thoroughly. Shape the mixture into oval shapes meatballs, dredge in flour. Place a deep pan over medium to high heat, add the oil and let it get hot. Carefully add the meatballs in batches and fry until they turn golden. Transfer to a baking pan lined with paper towels to drain.

For the sauce

In a shallow pot, add the olive oil, finely chopped onion, cinnamon stick, bay leaves, dry oregano, pepper, chilli, minced garlic, granulated sugar and tomato paste. Sauté. Add the grated tomato, salt and pepper. Lower heat and add the fried meatballs to the pot. Cover with lid and simmer for 10 mins. Serve with boiled basmati rice, thyme, fresh oregano and olive oil.

