

30 minutes

Makes about 15

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Ingredients:

- 1 packet (500g) butternut cubes
- ½ can (200g) chickpeas
- 2½ cups (380g) cooked brown basmati rice
- ½ packet (10g) fresh coriander, chopped
- 2 Tbsp (30ml) sesame seeds, toasted
- 2 Tbsp (30ml) pumpkin seeds, toasted and finely chopped
- 2 tsp (10ml) ground cumin
- 1 tsp (5ml) PnP crushed ginger, garlic & chilli
- 1 egg, whisked
- ⅓ cup (80ml) cake flour
- Salt and milled pepper

Method

1. Steam butternut until tender (or roast for deeper flavour).
2. Mash with chickpeas until smooth.
3. Mix in remaining ingredients and season.
4. Shape into 5cm balls.
5. Heat 1cm oil in a pan over medium heat.
6. Fry balls for 3 minutes per side until golden.
7. Serve as part of a platter.

GOOD IDEA

Add to a grazing platter on meat-free Mondays with hummus or yoghurt, mini cucumbers, radish and coriander.

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