

Mushroom-Lentil Balls with Pasta



The vegan option of the famous Swedish “Köttbullar” – here served with a mushroom pasta sauce and tagliatelle.

The vegan balls are made with mushrooms, lentils, onions and oats. They are easy to prepare and also taste good as a snack without any sauce.

The recipe will serve 4 portions.

Ingredients

500 g pasta (like tagliatelle or of your choice)

Mushroom-Lentil-Balls

200 g mushrooms
1 onion
100 g green lentils
50 g oats
4 garlic cloves
1 handful fresh flatleaf parsley
2 tablespoons soy sauce
herb salt
black pepper
cayenne pepper
olive oil

Pasta-Sauce

1 onion
200 g mushrooms
2 tablespoons tomato puree
2 tablespoons vegan cream
200 ml white wine
200 ml vegetable stock
olive oil
herb salt
black pepper
1 tablespoon lemon juice
2 tablespoons corn starch
fresh basil

Instructions

- wash the lentils, cook them in water for approx. 30 mins until soft, drain them and put them aside to cool them down
- dice the onion and fry it until translucent
- slice the garlic and add it into the pan
- chop the mushrooms and add it to the onions and garlic and fry on medium heat until tender
- in a food processor process the the oats to flour
- add lentils and the mushroom-onion mix from the pan
- spice with parsley, soy sauce, herb salt, pepper and cayenne
- process everything with short pulses to a coarse mix
- wet your hands and form balls; place them on a baking tray with baking paper, brush the balls with olive oil and bake them in a preheated oven at 180 C (non fan).
- for the pasta sauce: dice the onion and fry it until light brown; add the sliced mushrooms and tomato puree and continue to fry while stirring well for approx. 5 minutes on medium heat; add the white wine, the corn flour, and the vegetable stock and let it simmer until it starts to thicken (will take 15 – 20 minutes); stir once in a while; add the cream, the lemon juice and spice it with salt and pepper
- cook the pasta and mix it with the pasta sauce, serve the with the balls on top and garnish with fresh basil