

# Vegetable Balls (Lentils)

## INGREDIENTS FOR 30 BALLS

- 600g boiled lentils.
- ¼ onion.
- 1 medium-sized boiled potato.
- Chopped parsley.
- Salt, pepper, and spices to taste.
- 2 tablespoons grated Parmesan cheese.
- Breadcrumbs to taste.
- 2 teaspoons extra virgin olive oil (EVO).

**PREPARATION TIME: 10 MINUTES**

**COOKING TIME: 15 MINUTES**

## PROCEDURE

- Boil the potato.
- In a blender, combine the lentils, potato, parsley, onion, spices, 2 teaspoons of EVO oil, and roughly chop. Add Parmesan cheese and breadcrumbs.
- Once you achieve the correct consistency, moisten your hands and shape the mixture into balls. Roll them in breadcrumbs and place them on a baking sheet.
- Brush with EVO oil and bake at 200°C for about 20 minutes.