

# VEGGIE BALLS

**Prep Time:** 20 min | **Cook Time:** 20 min | **Servings:** 2 | **Difficulty:** Easy | **Diet:** Vegan, Gluten-Free



## Ingredients

### For the Veggie Balls

- 150 g pumpkin flesh
- 120 g cooked chickpeas, drained
- 40 g gluten-free chickpea flour
- 40 g gluten-free corn breadcrumbs
- Salt and black pepper, to taste
- Rosemary, parsley, ground turmeric, ground ginger, to taste
- Extra virgin olive oil, as needed

### Soy Yogurt Sauce

- 250 ml plain soy yogurt, unsweetened
- 20 ml lemon juice
- 30 ml extra virgin olive oil
- 1 tablespoon chopped chives (or parsley)
- Paprika and salt, to taste
- Chili flakes or fresh chili, optional

## How to make step by step

### 1 - Prepare the Pumpkin Base

- Cut the pumpkin flesh into pieces
- Place it in a blender together with rosemary, parsley, turmeric, and ginger
- Blend until smooth
- Transfer the pumpkin, herbs, and spice mixture to a large bowl

### 2 - Prepare the Chickpea Purée

- Drain and rinse the cooked chickpeas thoroughly
- Blend until you obtain a smooth, even purée
- Add the chickpea purée to the bowl with the pumpkin mixture, herbs, and spices

### 3 - Prepare the Dough

- Add the chickpea flour and corn breadcrumbs to the pumpkin and chickpea mixture
- Season with salt and black pepper to taste
- Mix until you obtain a compact, well-combined dough

### 4. Shape the Veggie Bites

- Lightly moisten your hands
- Take a small amount of the mixture
- Shape it into evenly sized veggie bites
- Coat each veggie bite in gluten-free corn breadcrumbs
- Gently press to help the coating adhere evenly

## 5. Prepare the Baking Tray

- Lightly grease a baking dish or baking tray with extra virgin olive oil
- Arrange the veggie bites evenly, leaving space between each one
- Drizzle a small amount of extra virgin olive oil over each veggie bite

## 6. Bake

- Preheat the oven to 180°C (356°F)
- Bake the veggie bites for 20 minutes
- Switch to grill mode and cook for an additional 5 minutes, until golden and crispy

## 7. Prepare the Yogurt Sauce

- Place the plain soy yogurt in a bowl and add the lemon juice and olive oil
- Add the chopped chives (or parsley), paprika, salt, and chili if using
- Mix thoroughly until smooth and well combined
- Cover and refrigerate until ready to serve; storage time depends on the expiration date of the yogurt used

👉 Video recipe: <https://youtu.be/QMMggDJXlog>

## 💡 Tips & Variations

### ✓ How can you get compact, beautifully golden veggie balls?

For a balanced result, the pumpkin should be blended until smooth but not watery. If needed, let it rest for a few minutes in a fine sieve before combining it with the other ingredients. The chickpeas, blended into a smooth purée, help give structure to the mixture and keep the veggie balls compact during baking.

### ✓ Can you cook the veggie balls without frying them?

Yes, baking is the ideal method to achieve a golden, crispy surface without frying. Arrange the veggie balls evenly spaced on the tray and drizzle each one with a little extra virgin olive oil. Finishing with a few minutes under the grill will help make the exterior even crispier.

### ✓ What variations can you prepare starting from this base?

The pumpkin and chickpea mixture easily lends itself to different variations: you can adjust the spices, use different fresh herbs, or shape smaller bites to serve as an appetizer. Paired with a plant-based sauce or seasonal vegetables, they also become a perfect option for a light lunch or dinner.