

Raciones para 1

250 g
Chickpeas

40 g
Oats

2
Garlic cloves

1/2
Onion

35 g
Ground chia seeds

Garlic powder

Onion powder

1/4
Red pepper

1
Freshly grated ginger

Oregano

Extra virgin olive oil

400 ml
Coconut milk

200 ml
Water

1 tablespoon
Green curry paste

1 teaspoon
Curry powder

1
Garlic clove

1 handful
Chickpea

Salt and pepper to taste

150 g
Shiitake mushrooms and
4/6

Asparagus

1 Put the oats in the food processor and add the cooked chickpeas, two cloves of garlic, onion, red pepper and ginger. Shred everything.

2 Add the ground seeds (you can buy them or chop them at home), garlic and onion powder, and oregano. Mix everything together and let it rest for 30 minutes in a bowl in the refrigerator.

3 After that time, take it out of the fridge and prepare a tray with baking paper. Shape the meatballs with your hands.

4 When they are all formed, light the fire and put them in a pan with oil. When they are ready, set them aside.

5 On the other hand, take a low pan or a wide pan, add the chopped garlic and brown it for a minute with some olive oil. Then add the curry paste and stir. Stir in the coconut milk and water and reduce the heat, allowing it to cook for 5 minutes. Add a spoonful of curry, salt and pepper.

6 Finally add the mushrooms previously chopped and the asparagus. Let it cook slowly and finally add the chickpeas and the meatballs to mix with the sauce and heat it up.

Chef's Notes

<https://cookinglovers.teka.com/en/receta/albondigas-vegetales-con-curry-de-verduras/>

