

Seitan meatballs



 For 23 meatballs

Ingredients

240 gr of fresh seitan
1 medium potato
2 leaves of savoy cabbage 2-3 to garnish
1 little fresh onion
1 sprig of parsley
1 clove of garlic
1 pinch of paprika
salt
sesame seeds
oil for frying

Method

Mince seitan with onions, garlic and parsley. Steam or boil the potato and savoy cabbage leaves and then mince these too adding to the compound of seitan. Add the paprika and salt and mix everything until the mixture is homogeneous. Form meatballs the size of a walnut and pass them in sesame seeds. Heat the oil in a small high-sided saucepan until it reaches the temperature of 160 °. Fry 6-7 meatballs at a time until they are golden and drain on paper towels. Serve hot on a leaf of savoy cabbage and accompanied by a bowl of rice pilaf.