

Lentil Meatballs with Indian Fenugreek Sauce

Yield: 15 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-quinoa-recipe-indian>

Ingredients:

- 1 cup lentils black caviar, uncooked
- 1/2 cup quinoa uncooked
- 1 teaspoon fennel seed
- 1 teaspoon kosher salt
- 1 teaspoon granulated garlic
- 1/3 cup chopped cilantro
- 6 ounces firm tofu
- 1 tablespoon olive oil
- 6 cloves garlic minced
- 1 tablespoon fresh ginger grated
- 1 teaspoon fresh turmeric grated, or 1/2 teaspoon ground turmeric is
- 2 tablespoons olive oil
- 1 tomato large, finely diced
- 1 tablespoon fenugreek leaves dried, optional
- 13 1/2 ounces coconut milk not lite
- 1 tablespoon lime juice
- 1 teaspoon brown sugar
- 1/2 teaspoon salt more to taste
- 1/4 teaspoon cayenne more to taste
- cracked pepper fresh

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 15 grams
3. Fat: 10 grams
4. Fiber: 5 grams
5. Protein: 7 grams

6. SaturatedFat: 6 grams
 7. Sodium: 250 milligrams
 8. Sugar: 2 grams
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