



Lentil-bulgur meatballs

25'
Hands on

25'
Cook Time

17 pieces
Portion(s)

1
Difficulty



Ingredients

- 2 tablespoon(s) olive oil
- 1 onion
- 2 clove(s) of garlic
- 1/4 bunch parsley
- 150 g lentils, boiled
- 150 g bulgur wheat, boiled
- 1 egg, medium
- 1 teaspoon(s) tomato paste
- 2 tablespoon(s) parmesan cheese, grated
- 90 g bread, grated
- salt
- pepper

Διατροφικός πίνακας

Nutrition information per portion

55 Calories (kcal)	1.9 Total Fat (g)	0.6 Saturated Fat (g)	5.9 Total Carbs (g)
3%	3%	3%	2%
0.9 Sugars (g)	2.8 Protein (g)	1.2 Fibre (g)	0.14 Sodium (g)
1%	6%	5%	2%

Method

- Preheat the oven to 200°C (390°F) set to fan.
- Finely chop the onion and the garlic.
- Heat the olive oil in a [frying pan](#) over medium heat, sauté the onion and the garlic for 2 minutes, and transfer them to a [bowl](#).
- Finely chop the parsley.
- Add the parsley into the bowl along with the lentils, bulgur, egg, tomato paste, parmesan, bread, salt, and pepper.
- Shape the mixture into meatballs, 30 g each. You will get about 17 meatballs.
- If needed, add a little more grated bread into the mixture and mix with your hands.
- Transfer the meatballs into a [baking pan](#) lined with parchment paper and bake them in the oven for 15-20 minutes.
- Flip them over halfway through the baking time to get golden on the other side, too.
- Remove the meatballs from the oven.
- Serve with finely chopped parsley.