



Bean & Beef Balls

Servings: 18-24

Prep Time: 5min

Cook Time: 10min

Ingredients

- 100 g Salticrax crackers, Black Pepper flavour
- 4 sprigs parsley
- 250 g lean beef mince
- 250 ml canned red kidney beans, drained and coarsely mashed
- 125 ml green spring onion tops, finely sliced
- 10 ml cumin seeds, toasted and ground
- 10 ml coriander seeds, toasted and ground
- 65 ml plain low-fat yoghurt
- a packet brown onion soup powder
- sunflower oil for frying
- 125 ml coriander leaves, chopped
- 250 ml sweet chili sauce

Directions

1. Place the crackers and parsley in a processor and process until fine. Transfer mixture to a shallow platter.
2. Place the mince, beans, spring onion, cumin, coriander, yoghurt and soup powder in a bowl and mix well. Form into walnut-size balls and roll in the crumbs to coat.
3. Heat a little oil in a large pan and fry the balls until golden brown and cooked through. Drain and sprinkle with the coriander leaves. Serve with the sauce on the side.