

Malai (Vegetarian) No-Meat Balls Recipe

Indulge in a delicious and hearty "Malai No-Meat Balls" dish that's perfect for any occasion. This flavorful recipe combines aromatic spices and fresh ingredients to create a satisfying meal. Serve it with naan and a refreshing salad for a complete dining experience!

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Ingredients

For the Meatballs



- ☐ Oil for frying
- ☐ No-Meat Balls (Fry's)

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For the Sauce

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- ☐ 1 tsp Cumin seeds
 - ☐ 1 small Cardamom stick
 - ☐ 2 Dry red chili
 - ☐ 1 Bay leaf
 - ☐ 2 Green chillies
 - ☐ 1 small grated Ginger
 - ☐ 2-3 diced Tomatoes
 - ☐ 8-10 Cashew nuts
 - ☐ 2 tsp Red chili powder
 - ☐ 1 tsp Turmeric powder
 - ☐ 2 tsp Coriander powder
 - ☐ Salt: to taste
 - ☐ 1 tbsp Butter
 - ☐ 1 pinch Sugar
 - ☐ 1 tsp Garam masala
 - ☐ Fresh cream: a small amount

For Serving

☐ Naan: as needed

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Directions

1 Heat the oil in a deep pan over medium heat.

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- 2 Fry the meatballs until they are golden brown. Remove and set aside.

Prepare the Spice Mixture:

- 3 In a separate pan, add a little oil and heat it over medium heat.
- 4 Add cumin seeds, cardamom stick, dry red chili, and bay leaf. Stir-fry for a few seconds until fragrant.
- 5 Add the green chilies, grated ginger, diced tomatoes, and cashew nuts. Stir-fry until well mixed and the tomatoes soften.
- 6 Let the mixture cool slightly, then blend it into a smooth paste. Set aside.
- 7 In the same pan, pour the blended mixture and add butter and red chili powder. Stir for a minute.
- 8 Add fresh cream, sugar and garam masala. Stir to combine.
- 9 Gently place the fried meatballs into the sauce, ensuring they are well coated.
- 10 Garnish with fresh coriander leaves.
- 11 Plate the meatballs alongside naan and a fresh cucumber-tomato salad for a delightful meal.
- 12 Enjoy your flavorful No Meat Meatballs dish! Perfect for family dinners or impressing guests.

