



VEGETARIAN MEATBALLS



SERVINGS:
MAKES AROUND 12



TIME:
30 MINS



DIFFICULTY:
EASY



COST:
££££

Ingredients:

- 1 egg, beated
- 1 onion, finely chopped
- 1 x 400g tin kidney beans, drained
- 15g ground almonds
- 1 clove garlic, grated
- 1 tsp tomato puree
- 1 tsp ground coriander
- 1 tsp basil
- 1 tbps vegetable oil

For the sauce

- 1 onion, finely chopped
- 1 x 400g tin chopped tomatoes
- 1 tsp basil
- 1 tsp tomato puree

Method:

1. Preheat your oven to 220c/ 200c fan/ gas 7
2. Heat the oil in a large frying pan over a medium heat. Add the onion & cook for a few minutes until softened
3. Add the beans to a large mixing bowl with the tomato puree & egg & mash until smooth. Now stir in the almonds, cooked onions, garlic, coriander & basil & mix well
4. Shape into around 12 evenly sized balls & place on a lined baking tray
5. Pop the vegetable meatballs in the oven & bake for around 15 minutes
6. Meanwhile, heat a saucepan over a medium heat with 1 tsp oil. Once hot add the onion & cook for a few minutes until softened
7. Now add the chopped tomato, tomato puree & basil. Bring to the boil & simmer until it thickens
8. Serve the vegetable meatballs with pasta or rice, & your chosen vegetable/s.