Vegan Lentil Meatballs with Spaghetti

recipe by Tess aka Eden Vegan

Serves 3

Ingredients:

Dash of olive oil
1 white onion, diced
1 tsp crushed garlic
1 tsp paprika
1 can of brown lentils
3 Tbsp red pesto
1/2 C water
3/4 C wholegrain breadcrumbs
1/2 C fresh basil
1 Tbsp dried oregano
1/2 jar Mutti Chilli Passata
Salt & pepper, to taste
2 servings of dried spaghetti

To Serve:
Vegan cheese
Toasted pine nuts
Fresh basil leaves
Chilli flakes

Method:

Add a dash of olive oil to a hot pan, and fry onion with garlic and paprika until golden and fragrant. Sprinkle salt and pepper.

Add drained lentils and red pesto, mixing well.

In a high-powered blender, add the lentil mix, breadcrumbs, basil and oregano. Pouring water and pulsing until well combined.

Roll the lentil mixture into 'meatballs' and pop in the fridge for 10 minutes.

Cook spaghetti in a large pot of boiling water until al dente. Take a 'meatballs' out of the fridge and fry on a medium heat until golden, pouring in chilli pasta sauce and mixing well. Sprinkle with oregano, dried chilli flakes and cracked pepper.

Serve spaghetti on the plate, layering with tomato 'meatball' mixture. Garnish with grated vegan cheese, fresh basil and pine nuts. Sprinkle extra chilli flakes for a spicy kick!

For another option - try making a meatball sub and serve the meatballs in a toasted bread roll with Wise Boys aioli and spinach!