

WHITE BEANBALLS IN GARLIC TOMATO SAUCE (makes 6 servings)

(beanballs – makes approx 24)

½ tsp red pepper flakes

1 tsp coriander

thumb ginger

1 small onion

2 garlic cloves

1 thumb ginger

1 cup white beans (soaked overnight and pressure cooked for 8 mins)

1 dsp yeast extract

50 g chopped parsley leaves (save stalks)

1.5 tbsp flax seeds (soaked in 4 tbsp warm water for an hour)

1.5 cup walnut halves (roughly chopped)

1 cup porridge oats

black pepper

1 tbsp lemon juice

½ tsp mace

½ tsp nutmeg

(sauce)

600 g mushrooms

1 tsp smoked paprika

1 tsp sweet paprika

½ tsp cayenne pepper

1 onion

5-6 garlic cloves

1 chilli

1 red pepper

3 tins chopped tomatoes (or 1.2 kg fresh)

1 dsp sweetener (eg agave syrup)

1 tsp thyme

2 tsp basil

180 g curly kale

black pepper

180 g spaghetti (for two servings) or **tagliatelle** (avoid supermarket brands)

Start with preparing the **beanballs**.

Stir-fry the **spices**, then add **onion, garlic** and **ginger**, sautéing until soft. Allow to cool then with the rest of the ingredients blend with a meat mincer or food processor.

Form into small balls, adding breadcrumbs if necessary. Refrigerate.

Stir-fry the **mushrooms** until soft. Save to a bowl.

Sauté the **spices**, then add the **onion, garlic, chilli, red pepper** and **parsley stalks**, cook until soft. Add the **tomatoes, sweetener, thyme, basil** and **curly kale**. Sauté on lowest heat until the sauce thickens (30+ mins).

Fry the **meatballs** until browned and boil **spaghetti**. Add **mushrooms** to the sauce just before serving. (Keep any surplus beans and sauce separate in refrigerator/ freezer.)