

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.)