

Vegan meatballs

Chickpea and almond spheres in a toasty seedy coating.

Ingredients make 12 substantial meatballs, which serves 4 to 5 as a main course, or makes 24 party or snack size balls, or 15 kebabs for a barbecue.

Ingredients

1	large onion
3 cloves	garlic
some	Zaytoun FAIRTRADE olive oil for frying
15 g	mixed ground cumin, coriander and ginger
large pinch	chilli
150 g	whole Zaytoun FAIRTRADE almonds
400 g can	cooked chickpeas
50 g	breadcrumbs (plus more if needed)
150 g	mixed seeds (e.g. sunflower, poppy, pumpkin, sesame)

Blitz the almonds in a food processor until well broken up.

Add the chickpeas and blitz until the grains are the size between a sesame seed and a sunflower seed.

Turn the chickpeas and almonds out into a mixing bowl.

Add the cooked onions and breadcrumbs and mix well using your hands. The mixture should be moist and fairly firm, but not running wet.

Attempt to make a ball using a small handful of mixture, if too wet add more breadcrumbs, if too dry, mix in a little reserved chickpea liquid.

Continue making meatballs with the remaining mixture, making large spheres for a main course, small spheres for snacks or torpedoes for a barbecue. Mix the seeds on a wide soup bowl and then take each meatball in turn and roll in the seeds pressing down as firmly as possible without breaking the meatball. At this point the meatballs can be frozen if you wish.

Method:

Preparation

Skin and either finely chop or grate the onion.

Skin and finely chop the garlic.

Drain and rinse the chickpeas, reserve the chickpea liquid.

Cooking prep

Pre-heat the oven to Gas Mark 4.

Gently fry the onion and garlic until starting to go translucent (5 minutes).

Add the spices and continue to fry for a minute or two until the aroma is well developed.

Cooking

Defrost to room temperature if using frozen meatballs.

Mains: Place the meatballs on a baking tray and bake for 40 minutes or until the seedy coating is golden brown.

Snacks: As above but about 30 minutes.

Barbecue: Skewer the torpedoes and grill gently.

To serve

Mains: Serve hot with Fairtrade brown rice, peas and sweet and sour sauce.

Snack: Serve cold with a dipping sauce