

Walnut and Black Bean “Meatballs”

Delicious Meat Free Meatballs!

Ingredients:

125 g sliced mushrooms

60 g walnuts

30g coarsely chopped onion

1 garlic clove grated

0.25 tsp roasted fennel

0.25 tsp ground cumin

0.25 tsp smoked paprika

0.13 tsp sage

Salt and pepper to taste

90g cooked black beans

13 g oats

0.5 tbsp olive oil

0.5 tbsp tomato paste

0.5 tbsp ground flaxseed

0.5 tbsp tamari

0.5 tbsp balsamic vinegar

Breadcrumbs



Instructions:

1. Preheat oven to 425F and line a baking tray with greaseproof paper.
2. Place mushrooms on the tray, sprinkle with oil and salt and pepper. Roast for 20 mins.
3. In a food processor place walnuts, onion, garlic, fennel seeds, cumin. Paprika & sage. Pulse until coarsely ground. Add mushrooms, beans, oats, olive oil, tomato paste, tamari & balsamic vinegar. Pulse until well combined but still small pieces of mushrooms and beans remaining.
4. Transfer to large bowl. Fold in breadcrumbs. Roll into balls.
5. Heat large skillet over medium heat. Coat with oil & cook balls until brown all over. About 5 mins.
6. Oven bake for 20 mins at 425F.

More plant-based recipes available on our GreenTEA food page:

<https://eynsham.org.uk/org.aspx?n=GreenTEA&id=1002>



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Plant Diet**

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