

VEGAN MEATBALLS (FEATURING TVP)



This weeks recipe of the week has been inspired by all our vegan customers who love their TVP mince. The recipe itself is a little fiddly, however it's so worth it for the end result. A great recipe for special occasions or entertaining.

Ingredients:

1 tablespoon of olive oil

2 cups of dried TVP mince

1/2 red onion, finely chopped

2 cloves of garlic, minced

1/2 teaspoon ground chilli powder

1/2 teaspoon dried oregano & olive leaf blend

1/2 teaspoon pink Himalayan salt

1 tablespoon tamari (or soy) sauce

2 tablespoons finely diced fresh parsley

1 cup of vegetable stock

1/2 cup tomato passata

1/2 cup of organic plain wheat flour

Method:

In a large frypan saute the onion, garlic, chilli, oregano and salt together in olive oil for 3 minutes,

then add the tamari and dry TVP and continue to saute for another 4 minutes before turning the heat to low.

In a medium saucepan, combine your stock and tomato passata and bring to the boil.

Add the boiling liquid to the frypan mixture then turn the heat off and let stand for 15 minutes.

Add the flour and mix well.

Shape into small balls, pressing firmly together.

Fry the balls in olive oil or bake them in the oven (180°C) until lightly browned.

Serve with your favourite spaghetti pasta and tomato based tomato sauce (ours has kalamata olives included). Enjoy.

Gluten Free | Dairy Free | Refined Sugar Free