

## Chickpea “Meatballs” with Spaghetti



### Ingredients:

- 1 small onion
- 5 cloves of garlic
- 1/3 cup (39 g) walnuts/cashews
- 2 tbsp flaxseed mixed with 1/4 cup (2 tbsp) water
- 1 tbsp extra virgin olive oil
- 1 tbsp vegan pesto or a handful of basil
- 15 oz can chickpeas, or 1.5 cups cooked
- 1 tsp oregano
- 1/2 tsp (0.5 tsp) parsley
- 1/2 tsp (0.5 tsp) salt, less or more depending on the chickpeas
- 1/4 tsp (0.25 tsp) red pepper flakes
- 2 tbsp nutritional yeast
- 1/4 cup (27 g) breadcrumbs

### Make:

1. Heat 1/2 tsp oil, add the onion and garlic and cook until soft.
2. Pulse the nuts in a food processor until coarse. Add the onion mixture and the rest of the ingredients and pulse to combine.
3. Transfer chickpea mixture to a bowl. Add breadcrumbs and mix in. Chill for 10 minutes.
4. Make chickpea balls from the mixture or use an ice cream scoop and place on a parchment sheet.
5. Bake at 210 degrees C for 25 minutes or until golden.
6. Cook the spaghetti according to instructions on the package.
7. Tomato sauce can be added at this stage (optional) to cover the chickpea balls and spaghetti.

