

COOKING CUISINE

5 Jan 2022



Chickpea Meatballs in Roast Red Pepper Sauce (vegan)

Instructions

1. Preheat oven to 200 C.
2. Add the couscous to a bowl and cover with boiling water, stir with a fork to break up the couscous. Let the couscous stand covered for 5-10 minutes until soft and fluffy.
3. Add the chickpeas, red onion, garlic, seasonings, soy sauce and the cooked couscous to a food processor. Pulse until combined, but be sure to not over pulse or the mixture will be too soft.
4. Roll the 'meatball' mixture with your hands into equal sized balls and place on a baking sheet or baking paper. Bake for 25 - 30 minutes - turning halfway through until lightly browned and crispy.

Ingredients

For 12-16 meatballs:

- 400g chickpeas, drained and rinsed
- 200g couscous (alternative for quinoa, brown rice or other grain)
- 1/2 red onion
- 3 garlic cloves
- 1 tsp paprika
- 2 tsp parsley
- 1 tbsp low-sodium soy sauce or tamari
- ¼ cup nutritional yeast (optional)
- Salt & pepper

Roast Red Pepper Sauce

- 2 roasted red peppers
- 1 can coconut milk
- 2-3 cloves garlic
- 2 tbsp olive oil
- 1 tsp salt
- ground black pepper
- 1 tsp dried basil
- 1 tsp dried oregano
- 1/2 tsp dried thyme
- pinch of crushed red pepper
- basil or parsley to garnish

Meanwhile prepare the sauce:

5. Combine all the ingredients in a blender and blend until smooth. Pour the sauce into a saucepan and heat over medium heat and bring to a simmer. Add the chickpea meatballs and cook until heated through, about 5 minutes. Garnish with fresh herbs, black pepper, and serve warm with rice or other grains or flat bread.