



## Black Bean Balls on spelt spaghetti

These are a family hit! During winter we have this almost weekly. Very "meaty" in texture and coupled with the tomato pasta sauce just delish.

**Serves: 4, Prep time: 00:45, Cook time: 00:30**

## Instructions

1. Fry one medium onion and 2 tsp of crushed garlic for 10min on a medium heat. Place aside and add to bean mixture when ready.
2. In a large bowl place the drained and rinsed cans of black beans&nbsp;- (stick mix roughly so a few whole beans remain) , and then brown lentils.
3. Then add the quinoa flakes (you can use amaranth flakes, rolled oats, or ground almond), chick pea flour (or wheatflour (plain) no self raising), and all herbs, salt, and a grind of pepper.
4. Mix to a very stiff dough (add a little water if needed)
5. Roll into 2cm balls (you can make them bigger as pictured), fry in a little olive oil, turn once, then place a jar of the organic tomato pasta sauce (we use Zito Organic

## Ingredients

- 440 grams One can of Black beans (15.5 oz)
- 440 grams One can of Brown lentils (15.5 oz)
- 0.5 cups Quinoa Flakes (organic)
- 0.25 cups Chick pea flour
- 1 teaspoon Dried Oregano
- 1 teaspoon Thyme
- 1 teaspoon Paprika
- 1 pinch or to taste Himalayan Salt
- 5 grams Black pepper (0 oz)
- 2 teaspoon Garlic (minced)
- 600 grams Tomato Passata (organic) (1 lb 5 oz)

Vine ripened Tomato and basil pasta sauce) into the gaps between the balls.

6. Reduce the heat and simmer for 15-30min.

7. Once the sauce is in cook the pasta (we use the spelt spaghetti, and then drain.

8. Serve with salad, aioli, pine nuts. Place the sauce and ball onto the pasta, and dollop on pesto/vegan parmesan. ENJOY.