



# HOMEMADE VEGGIE BALLS

WITH TOMATO SAUCE & PASTA



## INGREDIENTS

**SERVES 5**

### VEGGIE BALLS

1 onion, diced  
200g/2 carrots, diced  
200g mushrooms, chopped  
1 aubergine, diced  
1 clove garlic, finely chopped  
1 tsp Italian herbs  
3 slices/2 slices thick bread (for breadcrumbs)  
1 tin kidney beans or similar  
350g pasta  
salt and pepper\*  
a dash of oil\*

### TOMATO SAUCE

1 onion, finely chopped  
1 clove garlic, finely chopped  
400g tin of tomatoes  
2tsp Italian herbs  
150ml water\*  
2 tbsps tomato puree

### EQUIPMENT

Mixing bowl, large saucepan with a lid, frying pan, wooden spoon, knife, fork, grater

### ALLERGENS

Gluten (pasta, bread)

\*not provided

## STEP 1

- Finely dice the carrots, 1 onion, mushrooms, aubergine & 1 clove of garlic.
- Gently fry the onion and carrot for 3-4 mins in a little oil, then add the mushroom, aubergine, garlic and 1 tsp of the herbs and cook gently for a further 6-7 mins.



## STEP 2

- Grate the slices of bread to make breadcrumbs. Folding the bread to make a thicker piece to hold on to.
- Put the breadcrumbs in a large bowl.



## STEP 3

- Drain the tin of beans and add to the breadcrumbs.
- Mix together, roughly mashing the beans with a fork.



## STEP 4

- Mix the vegetables in with the bean and breadcrumb mixture and season with salt and pepper.
- Using your hands, divide and shape the mixture into 20 similar sized balls.



## STEP 5

- Add some oil to a frying pan, finely chop the onion and garlic and fry for 3-4 minutes.
- Add in the tomato puree, tinned tomatoes and Italian herbs and season with salt and pepper.
- Mix together well and fry the mixture for another 5 minutes, stirring regularly.



## STEP 6

- Boil the kettle and add 750ml boiling water to the sauce.
- Stir the pasta into the sauce, and simmer for 5 mins with the lid on.
- Cook the pasta and sauce for a further 8-9 mins, without the lid. Stir occasionally.



## STEP 7

- Meanwhile gently fry your veggie balls for 7-8 mins, turning as they golden.



## STEP 8

- Serve your veggie balls on a plate of pasta and sauce. Enjoy!



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