

NEATBALLS

ON GARLICKY MASHED POTATOES

by Rebecca Stonor



*This recipe is super easy and even the kids can get involved.
Everyone who's tried it, loves it!*



I remember eating meatballs at an Italian friend's house that were crumbed and fried and served with a rich tomato sauce. They were moist on the inside and crunchy outside. I thought I'd try to replicate the recipe with whole plant foods. The result is a healthier version, just as delicious and amazing texture but without the fat and inflammatory compounds.

Ingredients

Neatballs:

- 1 x 400g can red kidney beans, drained
- ½ cup quinoa flakes (see note)
- 2 tbsp tomato paste
- 2 tbsp chia or flax seeds, ground
- 1 carrot, grated
- 1 clove garlic
- 1 tsp red miso paste
- 2 tsp onion powder
- 1 tsp garlic powder
- 1 tsp dried rosemary
- 1 tsp cumin
- ½ tsp turmeric powder
- 1 tsp smoked paprika
- ½ cup almond flour

Tomato sauce:

- 1 x 400g can diced tomatoes
- 2 tbsp dried oregano
- 2 cloves of garlic, minced
- 1 tbsp maple syrup
- ½ cup of chopped parsley

Garlicky mashed potatoes:

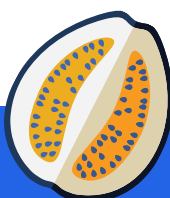
- 4 medium sized potatoes (or sweet potatoes)
- ½ cup soy milk
- 1 tbsp nutritional yeast
- 2 cloves garlic, minced

To serve:

- ½ cup parsley, chopped
- Pine nuts
- Freshly cracked black pepper

PREP TIME: 20 MINS
COOK TIME: 15 MINS
TOTAL TIME: 35 MINS
SERVES: 4

Continued overleaf...



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Directions

1. Preheat oven to 200°C.
2. To make neatballs, in the bowl of a food processor add all ingredients except for almond flour. Pulse until combined but not completely smooth. Take about one tablespoon and roll into walnut sized balls.
3. Coat balls in almond flour. Bake in the oven for 15 minutes until slightly golden and crispy.
4. While the neatballs are in the oven, blend all sauce ingredients except parsley in a food processor. Add mixture to a medium saucepan, then add parsley and cook over low heat until thickened.
5. Place potatoes (with skin on) in a saucepan of hot water over medium high heat, and boil until soft - approximately 10 minutes. Once cooked, drain water.
6. Mash potatoes together with soy milk, nutritional yeast and garlic. Add more soy milk if needed.
7. Place a dollop of mashed potatoes in the middle of a plate or serving dish. Add neatballs to the dish and pour tomato sauce over everything. Sprinkle with parsley, pine nuts and some freshly cracked black pepper.

Note: Quinoa flakes are found at any supermarket these days. You could substitute these with rice flakes or rolled oats.



Rebecca Stonor is a Wellbeing Officer, Plant Scientist and Plant-Based Nutrition Wellness Advocate. After being diagnosed with multiple sclerosis she has used plant-based nutrition to reverse all symptoms and halt any further disease progression. A passion for helping others has led her to share her story via workshops, cooking classes and public speaking engagements.

