




Product Spotlight: Zucchini


Zucchini is a great source of vitamin K, a vitamin which isn't lost during cooking. Vitamin K is essential for healthy bones and blood clotting.



4 Veggie Balls with Zucchini Noodles

Classic spaghetti and meatballs with a twist! Tasty veggie balls made from So Freo's veggie paté in a rich tomato sauce with healthy zucchini and carrot noodles, garnished with a cashew parmesan cheese.

 30 minutes

 4 servings

 Plant-Based

7 December 2020

Spice it up!

You can add crushed garlic, dried oregano or fennel seeds to your pasta sauce for added depth of flavour! If you have fresh basil or oregano in the garden you can also use some for garnish.

Per serve: **PROTEIN** 26g **TOTAL FAT** 31g **CARBOHYDRATES** 75g

FROM YOUR BOX

SPRING ONIONS	1/4 bunch *
CELERY STICKS	2
TOMATOES	3
THYME	1/2 packet *
PASTA SAUCE	1 jar
ZUCCHINIS	2
CARROTS	2
VEGGIE PATÉ	2 packets
QUINOA FLAKES	1 packet (60g)
CASHEW PARMESAN	1 sachet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil

KEY UTENSILS

frypan with lid, frypan

NOTES

If you prefer your veggie noodles slightly cooked you can stir them through the sauce at the end of cooking or place them in a sieve and pour boiled kettle water over.

If you don't want to make the veggie noodles you can slice and sauté or roast the vegetables instead. Serve with the veggie balls and sauce.



1. SAUTÉ THE VEGGIES

Heat a frypan over medium heat. Slice spring onions, dice celery and tomatoes. Add to pan as you go along with 1 tbsp thyme leaves and 1 **tbsp olive oil**. Increase pan heat to medium-high and cook for 5 minutes until softened.



2. SIMMER THE SAUCE

Pour in pasta sauce and **1/2 jar water**. Cover and simmer for 5 minutes.



3. MAKE THE NOODLES

Julienne or ribbon zucchini and carrots into noodles using a julienne peeler/ spiralizer or vegetable peeler (see notes).



4. MAKE THE VEGGIE BALLS

Use a fork to mash and combine veggie paté with quinoa flakes and 1 tsp thyme leaves in a bowl. Use hands to shape into even size balls.



5. SEAR THE VEGGIE BALLS

Heat a frypan over medium-high heat with **oil**. Add veggie balls and cook for 4-5 minutes until browned.



6. FINISH AND PLATE

Toss veggie noodles through sauce to coat and divide among bowls. Top with veggie balls. Garnish with extra thyme leaves and cashew parmesan to taste.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

