



## Veggie meatballs with tomato courgette

Preparation: 15 mins

Cooking time: 15 mins

Serves 2

### Ingredients

#### For the Veggie Meatballs

- 2tsp rapeseed oil, plus extra for greasing
- 1 small onion, finely chopped
- 2tsp balsamic vinegar
- 400g canned red kidney beans
- 1 tbsp beaten egg
- 1 tsp tomato puree
- 1 tsp chilli powder
- ½ ground coriander
- 40g cooked sweet corn
- 2tsp chopped thyme leaves

#### For the tomato courgette

- 2 large or 3 normal tomatoes, chopped
- 1 tsp tomato puree
- 1tsp balsamic vinegar
- 2 courgettes, cut into 'noodles' with a spiralizer, peeler or by hand

### Method

1. Finely chop the garlic.
2. Heat the oil in a large pan and fry the onion, stirring frequently, for 8 mins. Stir in the balsamic vinegar and cook for 2 mins more.
3. Meanwhile, put the beans in a bowl with the egg, tomato purée and spices, and mash until smooth. Stir in the sweetcorn with the thyme, a third of the chopped garlic and the balsamic

onions. Mix well and shape into about 8 balls the size of a walnut, and place on a baking tray lined with oiled baking parchment.

4. Heat oven to 220C/200C fan/gas 7 and bake the veggie meatballs for 15 mins until firm.
5. Meanwhile, put the tomatoes, tomato purée and balsamic vinegar in a pan and cook with 2-3 tbsp water until pulpy, then stir in the remaining garlic and courgette.
6. Turn off the heat as you want to warm the noodles rather than cook them. Serve with the veggie meatballs.