

# Meatless Meatballs with Sauces

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Feeds 12

## Ingredients

8 oz (250g) vegetarian mince  
1 onion, chopped finely  
1 oz (25g) Cheddar cheese, grated  
2 tbs chopped fresh mixed herbs,  
or 1½ tsp dried mixed herbs  
1 oz (25g) fresh breadcrumbs  
2 free-range eggs, beaten  
plain flour to coat them  
vegetable oil to fry them in

## Method

Combine the vegetarian mince with the onion, cheese, herbs, breadcrumbs and eggs in a blender.

Form into small meatballs and roll in flour to coat lightly. Fry in hot shallow vegetable oil over moderate heat until nicely browned all over. Drain on kitchen paper and serve hot.

