

Meatless Meatballs with vegemince™ and Sauces

Linda McCartney

Serves 12

Ingredients

8 oz (250g) vegemince™
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

These are crisp on the outside and fine and smooth inside, and are quite delicious with a variety of different sauces such as roasted red pepper sauce, arrabiatta sauce, pomodoro or a mixed wild mushroom sauce. Nice served with pasta, rice or mashed potato. You can also shape the mixture into burgers.

Combine the vegemince™ 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.

