



Greek Vegetarian Meatballs

INGREDIENTS:

- 423g cans chickpeas, drained and rinsed
- ¼ cup minced red onion
- ¼ minced sun-dried tomatoes (pat them dry first)
- ¼ cup packed fresh parsley leaves
- 2 large cloves garlic, roughly chopped
- ½ tsp lemon zest
- Juice of ½ medium lemon
- 225g fresh spinach, chopped and fried off
- 1/3 cup oat flour (or all-purpose or white whole wheat)
- ½ to ¾ tsp fine sea salt
- ¼ tsp pepper
- 1 large egg, lightly beaten

For serving:

- Homemade tzatziki
- Pita bread

METHOD:

1. Preheat the oven to 180°C. line a large baking sheet with parchment paper and set aside
2. To the bowl of a food processor, add the chickpeas, walnuts, red onion, sun-dried tomatoes, parsley, garlic, and lemon zest and lemon juice. Pulse until the mixture is well combined and finely chopped. Scrape down the sides of the bowl
3. Add the spinach to the bowl (break it with your fingers first) and pulse until combined and the mixture pulls away toward the sides of the bowl
4. Transfer the mixture to a large bowl. Add in the flour, salt and pepper. Mix until combined and the flour is mostly absorbed, then taste and season with additional salt/pepper as needed



5. Add in the egg and mix again until well combined (if the mixture is too wet to form into balls, add additional flour, 1 tbsp at a time. Don't add too much, or you'll dry them out!
6. Form the mixture into balls about 1 ½ inches in size (a cookie scoop works great here) and place on the prepared baking sheet
7. Bake for about 27-30 minutes until firm and lightly browned

