



Spaghetti & Vegan Chickpea Meatballs

with Fresh Basil



40min



2 Servings

Our spaghetti and chickpea "meatballs" channel classic Italian-American flavors but with a twist, it's vegan! We make these flavorful "meatballs" with mashed chickpeas, oats, tomato paste, nutritional yeast, sweet fennel seeds, and a chia seed egg. After rolling, they bake until golden brown and tender. Al dente spaghetti topped with marinara sauce and our chickpea "meatballs," and this plant-based meal is bellissimo!

What we send

- 15 oz can chickpeas
- 2 (¼ oz) chia seeds
- garlic
- 3 oz oats
- 6 oz tomato paste
- 1 oz nutritional yeast
- ¼ oz fennel seeds
- 6 oz spaghetti ¹
- 8 oz marinara sauce
- ¼ oz fresh basil

What you need

- kosher salt & ground pepper
- olive oil

Tools

- large saucepan
- rimmed baking sheet
- potato masher or fork
- microwave

Allergens

Wheat (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 570kcal, Fat 11g, Carbs 117g, Protein 30g



1. Make chia egg

Preheat the oven to 425°F with a rack in the upper third. **Oil** a rimmed baking sheet. Bring a large saucepan of **salted water** to a boil.

Drain **chickpeas**, reserving **1 tablespoon chickpea liquid**. In a small bowl, combine **half of the chia seeds, reserved chickpea liquid, and 2 tablespoons water**. Set chia mixture aside to thicken (this acts as the egg binder), about 5 minutes.



4. Cook pasta

Meanwhile, add **spaghetti** to boiling water. Cook, stirring occasionally to prevent sticking, until pasta is al dente, 8-9 minutes. Reserve **2 tablespoons cooking water**; set aside. Drain pasta and set aside.



2. Make chickpea meatballs

Finely chop **1 teaspoon garlic**. Transfer **chickpeas** to a medium bowl; mash with a potato masher or fork until mostly smooth. Add **chopped garlic, chia mixture, remaining chia seeds, ⅓ cup oats, 1½ tablespoons tomato paste, 1 tablespoon nutritional yeast, 1 teaspoon salt, ½ teaspoon fennel seeds, and a few grinds of pepper**. Mix together with hands until evenly combined.



5. Heat sauce

In a small microwave-safe bowl, microwave **marinara sauce** until warmed through, about 1 minute. Stir in **reserved cooking water**. Season to taste with **salt and pepper**.



3. Bake chickpea meatballs

Roll **chickpea meatball mixture** into 12 equal-sized balls, then place on prepared baking sheet with a 1-inch space between each. Brush tops of meatballs with **oil**. Bake on upper oven rack until just starting to brown, about 15 minutes. Switch oven to broil. Broil until browned on top, about 5 minutes more (watch closely as broilers vary).



6. Finish & serve

Pick **basil leaves** from stems, tearing if large; discard stems. Serve **pasta** topped with **chickpea meatballs and marinara sauce**. Garnish with **basil leaves** and sprinkle with **some of the nutritional yeast**. Serve **remaining nutritional yeast** on the side for sprinkling over top, if desired. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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