

MARLEY SPOON



Spaghetti & Vegan Chickpea Meatballs

with Fresh Parsley



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. With al dente spaghetti topped with marinara sauce, 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 parsley

What you need

- olive oil
- kosher salt & ground pepper

Tools

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

Cooking tip

Nutritional yeast is both healthy and delicious! Made from deactivated yeast, it's full of protein and B vitamins. The umami, cheesy flavor makes it the perfect plant-based substitution for Parmesan!

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. Bring a large saucepan of **salted water** to a boil.

Drain **chickpeas**; reserve **1 tablespoon chickpea liquid**.

In a small bowl, combine **half of the chia seeds, reserved chickpea liquid**, and **2 tablespoons water**. Set aside to thicken, about 5 minutes (this acts as a binder for the meatballs).



4. Cook spaghetti

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



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, ½ 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 until evenly combined.



5. Heat sauce

In a small 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

Oil a rimmed baking sheet.

Roll **chickpea mixture** into 12 balls, then place on prepared baking sheet, spaced 1 inch apart. 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 **parsley leaves** from stems; discard stems.

Serve **pasta** topped with **chickpea meatballs, marinara sauce, parsley**, and **some of the remaining nutritional yeast**. Serve **any remaining nutritional yeast** alongside, if desired. Enjoy!