

Spaghetti with Broccoli Balls

Ingredients

Dried spaghetti (egg free)
2 cups homemade Napolitana sauce
1 head & stalk fresh broccoli, chopped
½ onion, chopped
3 cloves garlic, peeled and smashed
1 tbsp extra virgin olive oil, plus more for pan
1 handful fresh flat-leaf parsley
1 tbsp chia seeds for binding – grind seeds in pestle & mortar, then mix with 3 tsp water and let stand for 30 mins to swell
½ cup bread crumbs
1/8 cup vegan Parmesan (You can make your own with cashews and nutritional yeast)
salt and pepper to taste



Method

Preheat oven to 200C. Lightly oil a baking sheet and set aside.
Cook spaghetti in salted boiling water according to package directions. Warm Napolitana sauce in a small saucepan over low heat.
Combine broccoli, onion, garlic, olive oil and parsley in a food processor or blender until very finely chopped. Transfer to a mixing bowl.
Add chia mix, bread crumbs, Parmesan, salt and pepper and mix well. Form mixture into golf ball-size balls and place on baking sheet.
Bake for 12-15 minutes, or until lightly brown. Flip halfway through baking to ensure both sides are evenly cooked.
To serve, toss spaghetti with warmed Napolitana sauce and place on a serving platter. Top pasta with broccoli balls and more Parmesan !

Napolitana Sauce

Ingredients:

60ml oil
2 cups onion
25ml tomato paste
1 cup celery
1 cup leeks
1 cup carrots
500 ml red wine
2 litres tinned Italian whole peeled tomato
25ml parsley
1 tbsp of your favourite chilli and garlic paste

Method:

Heat oil and fry onions until soft. Add tomato paste and cook until the tomatoes burn a little at bottom of pan

Add celery and leeks and cook until you get rid of tomato smell

Deglaze pan with red or white wine until alcohol smell disappears and then add tinned tomato

Add parsley, chilli and garlic and simmer on low heat for 90 minutes

Then place in blender and blend leaving it slightly chunky

Add salt and pepper and lemon juice and sugar to taste