

# Mean Bean Balls

Makes approx. 20 small balls



## Ingredients (allergens in bold)

- 150g dried haricot beans – soak in boiling water for 1 hour and cooked for a further 1 hour until soft
- 2 tablespoons tomato puree
- ½ medium onion, grated
- 1 garlic clove, crushed, or 1 teaspoon garlic granules
- 2 teaspoons chopped parsley (fresh or dried)
- 1 teaspoon dried oregano
- 1 egg beaten
- 2 tablespoons **breadcrumbs**
- Rapeseed oil, for brushing
- Salt & pepper to season
- Grated **cheddar cheese** to garnish
- Cooked **spaghetti** or pasta

## Method

1. Preheat the oven to 180°C / Gas 4
2. Line a baking tray with greaseproof paper.
3. Place the beans, in their soaking water, in a large pan and boil for 60 minutes until soft. Drain and discard the water.
4. In a food processor or bowl (if using a hand blender) combine the beans & tomato puree. Pulse until chopped but not completely smooth.
5. Transfer the mixture to a medium sized bowl and stir in the grated onion, garlic, parsley, oregano, egg, breadcrumbs, salt & pepper until well combined.
6. Using your hands, make the mixture into small ball size shapes and space evenly on the tray.
7. Brush each ball with rapeseed oil using a pastry brush.
8. Bake until the bean balls are firm to the touch and golden brown, approx. 15 - 20 mins.
9. Serve with a fresh tomato sauce (separate recipe) & cooked pasta of your choice, topped with a sprinkle of grated cheddar cheese.



## Equipment

- Baking tray
- Pan
- Medium sized bowl
- Sieve
- Food processor or hand blender
- Grater
- Veg knife
- Tablespoon
- Teaspoon
- Fork
- Pastry Brush

## Recipe notes & tips:

- Ready-made panko breadcrumbs are ideal and quick to use but you could make your own using wholemeal bread for added fibre.
- Freeze breadcrumbs in batches for future use.
- Spice up these bean balls by adding some chilli flakes
- To save time, use cooked tinned beans such as cannellini or pinto beans.