

## Tofu meatballs

Serves 4/5

40 mins

2 main ingredients

What you'll need

Main ingredients	Fresh/ frozen	Store cupboard
250g firm tofu - we used: <a href="https://tofoo.co.uk/products/naked/">https://tofoo.co.uk/products/naked/</a> 40g pitted black olives (optional) 35g walnuts	Parsley Handful of basil 4 garlic cloves 1 onion	Tin of tomatoes Olive oil Oregano Nutritional yeast (optional) Cornflour or Arrowroot (optional) Chilli flakes (optional) Salt & Pepper, to taste

What to do

1. Heat oven to 200°C. Line a baking tray with parchment paper.
2. **Make our quick marinara sauce.** Finely slice and dice ½ onion and 2 garlic cloves.. Heat 1-2 tbsp olive oil in a large frying pan on a medium heat and add the diced onion. Stir occasionally and cook through for about 5 minutes until they start to soften. Add the garlic, 1 tbsp dried oregano, pinch of chilli flakes (optional) some salt and pepper and cook for a further minute or two. Add the tin of tomatoes, bring to the boil then reduce to a low-heat and simmer very gently whilst you prepare and cook the meatballs.
3. **Make the tofu mixture.** Add the tofu, ½ diced onion, walnuts, parsley, oregano, 2 garlic cloves, pitted black olives (optional), 2 tbsp nutritional yeast (optional), 1 tbsp cornflour (optional) and salt & pepper to a food processor. Blend until combined. Stop and scrape down the sides of the food processor once or twice.
4. **Shape the mixture** into small balls of 20 gr each by rolling them between the palms of your hands. You should be able to get 20-22 tofu balls. Tip: If you find that the mixture sticks when rolling, grease your hands with a few drops of olive oil, works a charm!
5. **Cook the meatballs.** Arrange the meatballs on your prepared baking tray and bake for 15-20 minutes until golden brown.
6. **Make this a meal.** Add the meatballs to the sauce and simmer for 3-5 minutes.
7. **Time to plate up.** Top with fresh basil and serve up the meatballs with your choice of greens or courgetti. Enjoy!

### Notes & tips

- **Meal prep:** Tofu meatballs are an excellent option for meal prep as they keep well for 3-4 days in the fridge. They are great added to a salad or enjoyed alongside roasted veg for lunch. If you are keeping them in the fridge, please note that this is without the sauce, leaving them in the sauce for days will make them go mushy.
- **Freezer.** You can freeze the meatballs for up to 3 months. Let them cool down completely and freeze in a freezer container without the sauce.
- **Cooking options.** You can also **pan-fry** them: warm up a little of olive oil, then add the meatballs. Cook gently for 12 to 15 minutes, turning them around often so they are evenly cooked. Or **air-fry** them: arrange the meatballs without overlapping and air fry for 10 minutes at 180°C.