

BOB

'S RECIPES

SPAGHETTI WITH VEGETARIAN "MEATBALLS" by Bob the Chef

INGREDIENTS

- 500 mL (2 cups) dry lentils
- 1/2 medium onion, chopped
- 4 garlic cloves, minced
- 2 eggs
- 50 ml (1/4 cup) tomato paste
- 125 ml (1/2 cup) grated Parmesan cheese
- 50 ml (1/4 cup) thyme or basil (dried or fresh)
- Salt and pepper to taste
- 1.5 l (6 cups) homemade tomato sauce
- 500 g spaghetti
- 30 ml (2 tbsp.) vegetable oil
- a few fresh basil leaves (optional)
- Parmesan, to taste (optional)

INSTRUCTIONS

1. Rinse the lentils in cold water, then drop them in a pan with 1,5 litre (6 cups) of cold water (3 times their volume)
2. Bring to a boil, then cover them and let them simmer for about 20 minutes
3. Once the lentils are cooked, place them in a bowl with the other ingredients – except the tomato sauce
4. Grind until smooth with a stand mixer
5. Roll up the mixture into balls about 2 cm in diameter
6. Lay on a cooking sheet and grill in a preheated oven at 165 °C (325 °F) for about 20 minutes
7. Once cooked, remove the balls from the oven and place them in a large pot, then pour the tomato sauce over them and let simmer for about 20 minutes
8. Cook the spaghetti according to the box's instructions, then drain and drizzle with a generous amount of vegetable oil
9. Serve sauce over spaghetti, then garnish with a few of the "veggieballs" and some fresh basil and Parmesan



PREPARATION TIME: 15 minutes



BAKE: 50 minutes



SERVES: 36 pains



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Fruiterie 440, Pastafresca,
Cavallaro Fine Foods,
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