

Mediterranean Mushroom Polpette



2 servings



60 minutes

INGREDIENTS:

- 300g mixed mushrooms, e.g. Flats, Cup and Swiss Brown mushrooms
- 50g onion
- 4 cloves garlic
- 1 red chilli
- 3g sea salt
- 2g cracked black pepper
- 400g tin chickpeas
- 1/6 bunch flat leaf parsley
- 60-100g breadcrumbs
- 30g grated parmesan cheese
- 40mls olive oil
- 20g butter
- 1 egg, lightly whisked

TOMATO SAUCE

- 70g carrot, finely diced
- 60g celery
- 50g onion
- 10g garlic
- 1 green capsicum
- 400g tin diced tomatoes
- 60ml red wine
- 60ml vegetable stock
- 10g tomato paste
- 1 bay leaf
- 2g dried oregano

METHOD

1. Finely chop the mushrooms by hand or by using food processor. Dice the onion, garlic and chill. Finely chop the parsley. Drain the chickpeas. Grate the parmesan.
2. In a medium fry pan over medium-high heat, heat 1 tablespoon of oil and the butter. Sauté onions for 2 mins, add mushrooms and cook stirring occasionally for 5 mins; add 4 garlic cloves and the chilli, season with salt and pepper to taste and cook for a further 2 mins. Set aside to cool down.
3. In a blender, add the mushroom mixture, chickpeas, parsley, 60g of the breadcrumbs, egg, and parmesan cheese and blend until combined. Alternatively, mix in a large bowl. Adjust the texture with extra breadcrumbs as needed to form balls.
4. Spoon out 16 balls. Refrigerate for 10 mins or overnight.
5. Preheat the oven to 180°C fan forced. Line a baking tray with baking paper.
6. Place meatballs onto the lined baking tray and bake for 20 mins.
7. Serve meatballs with tomato mixture into bowls, garnish with grated parmesan, fresh oregano leaves, sea salt and freshly cracked pepper.

OPTIONAL: Serve with toasted ciabatta or pasta.

METHOD SAUCE

1. Finely chop the onion, garlic, carrot, celery and capsicum.
2. Add remaining oil into the fry pan, over medium to high heat and sauté carrot, celery, capsicum, and remaining garlic, until soft. Add in the tomato paste and sauté for a further 2 mins. Add tinned tomatoes, red wine, vegetable stock, bay leaf and dried oregano. Season with salt and pepper and reduce heat and simmer for 30-40 mins, stirring occasionally.