



Borlotti Bean and Walnut Balls

with Spaghetti and Spinach



20-30min



2 Portions

Finally, spaghetti and meatballs for the vegetarians and gluten-intolerant. Packing creamy borlotti beans with the guts of walnuts and plenty of cheese for flavour, these feta-studded bean balls will give Nonna a run for her money!

What we send

- baby spinach leaves
- diced tomatoes
- gluten-free spaghetti
- 1 garlic clove and sage
- walnuts ¹⁵
- feta ⁷
- parmesan ⁷
- buckwheat flour ¹
- borlotti beans

What you'll require

- egg ³
- olive oil
- sea salt and pepper
- sugar

Utensils

- large deep frypan
- large saucepan
- paper towel
- potato masher
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Egg (3), Milk (7), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 710.0kcal, Fat 24.0g, Proteins 31.5g, Carbs 87.2g



1. Prepare ingredients

Finely chop the **garlic**. Thinly slice the **sage** leaves, discarding the stems. Rinse and drain the **borlotti beans** in a sieve. Finely chop the **walnuts**. Finely grate **half the parmesan**. Whisk the **egg** lightly with a fork to combine.



2. Make bean balls

Put the **borlotti beans** in a large bowl and lightly mash with a potato masher, then add the **walnuts**, **half the garlic** and **half the sage**. Add the **buckwheat flour**, **half the parmesan** and the **egg**. Crumble in the **feta** and mix to combine. Season well with **salt and pepper**.



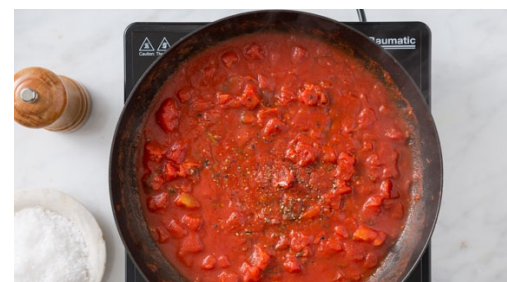
3. Roll bean balls

Using damp hands, roll the bean mixture into 4cm balls. Bring a large saucepan of salted water to the boil for the pasta.



4. Cook bean balls

Heat the **oil** in a large deep frypan over medium heat. Cook the **bean balls**, turning regularly, for 8 mins or until browned all over. Remove and drain on paper towel. Don't clean the pan.



5. Cook sauce

Add the **tomatoes**, **remaining garlic and sage**, and the **sugar** to the pan. Cook, stirring occasionally, for 3-5 mins until slightly thickened. Meanwhile, cook **half the spaghetti** (keep remainder for another use) in the pan of boiling salted water for 10 mins or until al dente. Drain in a colander.



6. Get ready to serve

Season sauce with **salt and pepper**, then reduce heat to low and return **bean balls** to the pan and stir gently to coat in the sauce. Stir the **baby spinach** into the sauce and cook, stirring, for 1-2 mins or until wilted. Divide the **spaghetti** among bowls, top with the bean balls and sauce and scatter over the **remaining parmesan** to serve.