



## Borlotti Bean and Walnut Balls

with Spaghetti and Spinach



20-30min



4 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
- gluten-free spaghetti
- 2 garlic cloves and sage
- walnuts <sup>15</sup>
- feta <sup>7</sup>
- buckwheat flour <sup>1</sup>
- borlotti beans
- parmesan <sup>7</sup>
- diced tomatoes

## What you'll require

- egg <sup>3</sup>
- olive oil
- sea salt and pepper
- sugar

## Utensils

- large deep frypan
- large frypan
- large saucepan
- 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 760.0kcal, Fat 23.2g, Proteins 35.3g, Carbs 97.8g



### 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 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**.



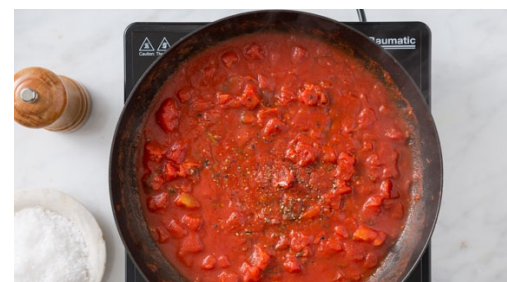
### 3. Roll bean balls

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 **tomatoes**, **remaining garlic and sage**, and **sugar** to the pan. Cook, stirring occasionally, for 3-5 mins until slightly thickened. Meanwhile, cook the **spaghetti** 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 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.