

Sweet Chickballs



This is an awesome vegetarian alternative to the meatball. Great on it's own on a roll and just as yummy heated and served as part of a main meal.

How we'll use it this week

- Chickball Sub
- Minestrone with Chickballs

Ingredients

- 400g can chickpeas (drain & rinsed)
- 250g raw sweet potato
- 2 tspns Tahini
- 2 tspns Cumin
- 2 tblspns Chia Seed
- 1 egg
- Salt & Pepper
- 1/2 cup rice crumbs
- 1/4 cup flaxseed meal
- 1 tblspn herbamare vegetable salt
- Coconut Oil for baking



TIP: There's plenty here for mum and dad too, or to freeze for another week.

Directions

1. Cut sweet potato into small chunks.
2. Throw chickpeas, sweet potato, tahini, cumin, chia & eggs in your food processor, and blend until smooth.
3. Add in salt & pepper, rice crumbs and flaxseed meal & blend until combined.
4. With moist (not wet) hands, take about 1/2 tblspn of mixture and roll into a ball, and put on a plate. Makes about 20 balls - keep 4 aside for soup, and 3 for the wrap. Freeze rest for another week.
5. Put plate in fridge for 30 minutes.
6. Preheat Oven to 180 degrees.
7. Melt 1 tblspn coconut oil in a pan in the oven.
8. Place herbamare on a plate and spread out with the back of a spoon.
9. Lightly roll the balls in the herbamare salt.
10. Place in the oven pan and roll them around in the coconut oil until all coated in oil.
11. Bake for 8 mins, then roll the balls around for another 8 mins - they should be nice and crunchy now.

Freezing / Storing Instructions

Keep in fridge in air tight container, can also be frozen before cooking.