

Nutty Vegetarian balls

with creamy broccoli and tomato pasta tubes



Chef Manuel Aquilina

INGREDIENTS

aroma
KITCHEN

FOR THE NUTTY BALLS

- 1 x 330g Quorn sausages
- 1 tbsp chopped fresh thyme or rosemary
- 1 tbsp chopped parsley
- 100g walnuts, chopped
- 1 zucchini, grated and squeezed
- 50g Emborg grated mozzarella cheese

FOR THE PASTA

- 4 cloves garlic, finely chopped
- 1 onion, finely chopped
- 1 tsp dried oregano
- 1 handful cherry tomatoes
- 100ml white wine
- Salt and pepper to season
- 1 heaped tsp tomato concentrate
- 1 x 400g tin tomato pulp
- 1 cup Hanini cooking cream
- ½ broccoli, cut into florets
- Few fresh basil leaves
- 250g pasta tubes



METHOD

- 1 Start by removing the sausage cases. Place the filling into a bowl with the chopped fresh herbs, 50g chopped walnuts, squeezed grated zucchini and cheese and mix together well. Form into small balls the size of a walnut.
- 2 Heat 1 tbsp olive oil in a pan and fry the balls all over for 5-7 minutes or until cooked through.
- 3 Meanwhile, make the sauce by heating 1 tbsp olive oil in a pan and quickly fry the garlic and onion together for 3-4 minutes.
- 4 Add in the oregano and cherry tomatoes and cook for 2 minutes before splashing in the wine.
- 5 Add the tomato concentrate, tomato pulp and 100ml water, season with salt and pepper and cook for 10 minutes.
- 6 Add in the cooking cream and broccoli florets and cook for a further 4-5 minutes. Remove off the heat and mix in 2 tbsp chopped fresh basil.
- 7 Meanwhile, cook the pasta in a pan of salted boiling water, drain and mix with the pasta sauce.
- 8 Serve the past in deep bowls with the nutty balls on top and decorated with extra cheese and basil leaves.