



CLASSICS WITH LESS MEAT AND MORE VEG

Spaghetti Au Balls

What's in your bag (serves 4 people)

- > 1 organic aubergine (**Gloucestershire, UK**)
- > 1 organic yellow onion, peeled and finely chopped (**Norfolk, UK**)
- > 2 cloves of garlic, finely chopped (**Spain**)
- > 100g organic quinoa (**Shropshire, UK**)
- > 1 cube organic vegetable stock cube* (contains: **celery**)
- > 35g organic oats (**UK**)
- > 5g (one teaspoon) ground coriander
- > 20g chia seeds (**Peru**)
- > 1 egg (**Marple, UK**)
- > 400g (1 tin) organic chopped tomatoes
- > 10g (one tablespoon) Italian seasoning** (contains: **sesame**)
- > 400g organic white spaghetti (**Italy**)



Equipment you'll need

- > Large mixing bowl
- > Baking tray
- > Saucepan with lid
- > Frying pan

(You'll also need around four tablespoons of oil and a pinch of salt and pepper).

* stock cube ingredients: sea salt, potato starch, sustainable palm oil, sugar, vegetables 6.8% (**celery**, onion carrot, parsnip, tomato), sunflower oil, yeast extract, caramelised sugar, herbs and spices (lovage, turmeric, parsley, black pepper).

** Italian seasoning ingredients: **sesame**, salt, basil, parsley, oregano, garlic, thyme, black pepper, sage.

Cost saving tip!

Meat-free meals are usually cheaper to make.

Spaghetti Au Balls comes in at £1.73 per person, less than if you were to make traditional beef meatballs.

Let's get cooking

1. Turn on the oven to 190°C.
2. Cut the aubergine in half lengthwise and cut deep criss-crossed lines about 1cm apart into the flesh, drizzle with a bit of oil and sprinkle with salt and pepper.
3. Place the aubergines on a baking tray and roast in the oven for 30-40 minutes until soft and golden brown, then remove from the oven and leave to cool.
4. While the aubergine is cooking, boil 250ml of water in your saucepan and dissolve the stock cube. Add the quinoa, reduce to a simmer and cover for 20 minutes or until most of the liquid has been absorbed, but make sure it doesn't dry out! Turn off the hob and leave the quinoa to cool.
5. Whilst the aubergine is roasting and the quinoa is boiling, fry the onion in 1 tbsp of oil for about 4-5 minutes on a medium heat, then add the garlic too. Turn off the heat when the garlic and onions are golden brown
6. Heat up the oven again to 200°C.
7. Scoop the aubergine flesh into a bowl and mash with a fork until it forms a paste. Combine the aubergine, quinoa, onion and garlic with the oats, oregano, chia seeds and egg. Mix it well.
8. With your hands, shape the aubergine mixture into 16 equal sized balls and brush or drizzle with oil.
9. Bake the au balls in oven for 30 minutes or until they start to change colour on the outside.
10. While the au balls are cooking, boil just enough water to cover the spaghetti in a saucepan. Add salt to the water, then the pasta, and leave on a medium heat for about 10 minutes.
11. For the sauce, empty the can of chopped tomatoes into the pan you used to boil the quinoa and bring to a simmer. Stir the Italian seasoning into the sauce and allow to cook through.
12. Drain the spaghetti and divide across four plates. Add 4 au balls on top of the spaghetti, cover the dish with the sauce, top with grated parmesan if using and serve. Buon appetito!

Sustainable living tip!

After step 3 turn off the oven for a while to save energy!

We hope that you enjoy cooking and eating this dish. Our aim at *Sustainable Living Romiley* is to spread the word about eating food that has less impact on the planet.

We can all make a difference by:

- > Eating more plants and less meat.
- > Buying locally grown and seasonal fruit and vegetables.
- > Reducing food waste.

Did you know that a quarter of all greenhouse gas emissions* come from food production, and more than half of this comes from animal products? Meat, especially beef and lamb, have the highest impact because of the land, water and energy used to feed and rear animals (and their wind!).

*greenhouse gases, such as carbon dioxide and methane, contribute to global warming.

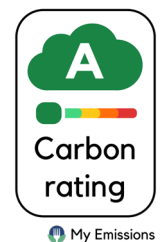
Sustainable living tip!

Try the 5:2 approach to meal prep, where you eat meat twice per week and simply swap the meat in your usual recipes for vegetables, pulses or grains.



Carbon footprint (the climate impact) for Au balls and spaghetti

VERY LOW - this recipe has **682 gCO₂e** per serving*



Compare that to a meat version of this dish...

- Beef meatballs and spaghetti has a **very high** carbon footprint of **5837 gCO₂e** per serving.

*calculated with MyEmissions.green food carbon calculator.

Thanks to Lentils and Lather Marple for curating and sourcing ingredients for this kit.

Their shop, which can be found at 107 Stockport Road (SK6 6AF), makes eco-friendly and sustainable shopping easy and convenient.

At Lentils and Lather you can bring your own containers from home to fill up and reuse, reducing the need to rely on new plastic for the food, personal care and household products you use on a daily basis. Plastic is made from oil, which is one of the largest contributors to global warming.

Their wide range of products includes things like ethically sourced coffee, British pasta, meat alternatives, vegan chocolates, locally made soaps, plastic free dental products and much more!

www.lentilsandlather.co.uk

Sustainable living tip!

The Au Balls can be frozen for up to 3 months and you can cook them from frozen. You could also try them in a wrap with yoghurt. Yum!

