

Lentil Meatballs & Pasta

5 SERVINGS 35 MINUTES



INGREDIENTS

1/2 cup Dry Green Lentils
1 cup Vegetable Broth
1/2 tsp Extra Virgin Olive Oil
1/3 cup Shallot (chopped)
1 tbsp Ground Flax Seed
3 tbsps Water
1/4 cup Nutritional Yeast
1/2 cup Almonds (chopped)
3/4 tsp Sea Salt
1/2 cup Parsley (divided, chopped)
10 ozs Chickpea Pasta (shells)
2 cups Tomato Sauce

NUTRITION

AMOUNT PER SERVING

Calories	413	Carbs	58g
Fat	12g	Protein	28g

DIRECTIONS

- 01 Add the lentils and broth to a medium-sized saucepan or pot. Bring to a boil. Lower the heat to a simmer and cook for 15 to 20 minutes or until softened and cooked through. Drain any excess liquid and set aside.
- 02 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Heat a small skillet over medium heat and add the oil. Once hot, add the shallot and cook for four to five minutes or until softened. Remove from heat and set aside.
- 03 In a small bowl, add the ground flax seeds and water and let sit for a few minutes until thickened slightly.
- 04 In a food processor, add the lentils, shallot, flax seed mixture, nutritional yeast, almonds, salt, and half of the parsley. Pulse until combined and the dough starts to hold together.
- 05 Using slightly damp hands, roll the dough into golf-ball sized balls. Place on the baking sheet. Bake for 25 minutes, flipping halfway through.
- 06 While the lentil meatballs are in the oven, cook the pasta according to package directions. Drain and add the pasta back to the pot. Add the tomato sauce and mix. Divide evenly between plates and top with the lentil meatballs and remaining parsley. Enjoy!