Rainbow Lentil Meatballs with Arrabbiata Sauce

Lentil meatballs and spicy tomato sauce are a vegetarian alternative to the comfort food classic, loaded with protein and fibre. Serve with pasta or bread and Parmesan cheese.

serves 18   **prep** 15 mins   **cook** 40 mins

1   Preheat the oven to 180°C (350°F). Lightly oil a baking tray. In a large mixing bowl, combine the red and brown lentils, egg, breadcrumbs, garlic powder, oregano, lemon zest, and cayenne.

2   With your hands, form approximately 1 tablespoon of the lentil mixture into a meatball and place on the baking tray. Repeat with the remaining mixture. Bake for 25 minutes, rotating the meatballs halfway through.

3   Meanwhile, to make the arrabbiata sauce, in a saucepan warm the oil over a medium-low heat. Add the onion and cook for 2 minutes, or until soft. Add the tomatoes and chillies. Simmer over a low heat for 15 minutes, or until the sauce is warmed through. Season with salt and pepper to taste.

4   Serve the meatballs with cooked spaghetti, topped with the sauce.

300g (10oz) cooked red lentils, thoroughly drained

85g (3oz) cooked brown lentils, thoroughly drained

1 large egg, lightly beaten

45g (1½oz) panko breadcrumbs

½ tsp garlic powder

1 tsp dried oregano

zest of 1 large lemon

¼ tsp ground cayenne pepper

2 tbsp olive oil

1 small onion, finely chopped

2 × 400g (14oz) cans chopped tomatoes

1 tbsp crushed dried chillies

salt and freshly ground black pepper

Make it vegan

Replace the egg with 3 tbsp aquafaba.

Make it with meat

Add 225g (8oz) minced beef or crumbled Italian sausage along with the onion in step 3.