

BAKED TOFU MEATBALLS [VEGAN & GLUTEN FREE]

Yields: 24 'Meatballs'

Serves: 8

Prep: 35 mins

Cooking Time: 30-35 mins

Type: Main Meal

Tools: Chopping board(s), small dish, fork, sharp knife, food processor, mixing bowl, silicone spatula, baking tray, silicone mat (or parchment paper)

Courtesy of: Eat2Health Blog



Who doesn't enjoy a good plant-based meatball?! These lovely tofu-based 'meatballs' have about a half hour prep involved due to the nature of its main ingredient (sorry folks!). Tofu needs to be pressed and its water expressed before it's used. However, it's worth the effort. We think they're satisfying all round; moist, meaty and flavourful, with plenty of room for adapting them to your own personal spec! Enjoy them as part of a cosy family dinner, picnics or as a healthy snack!

Ingredients

800g	Firm Tofu (=2 tetra paks)	75g	Plain vegan cream cheese alternative
32g	Ground Flaxseed (about 4 tbsp)	4g	Dried Thyme
9 tbsp	DF Milk (or water)	6-8g	Dried Oregano
100g	Bread (GF if required)	¼-1 tsp	Salt
6g	Garlic clove (one fat one)		Ground black pepper
130g	Spring onion (about 5)	20g	Sun-dried tomato puree
100g	Red bell pepper	20g	Rice flour (or Plain GF Flour)

Directions

1. Drain and press the tofu between two heavy (or weighted) chopping boards or plates for 30 mins.
2. In the meantime, prepare some 'flax eggs'! Place 32g ground flaxseed into a small dish with 9 tbsp DF milk or water. Whisk with a fork to combine. Leave it to set.
3. Heat the bread in a toaster or under a medium-low grill until lightly brown and crispy. Place the toasted bread into a food processor. Process the toast until breadcrumbs are achieved. **Tip:** *Alternatively you can make some breadcrumbs by placing the toasted bread into a sealed kitchen bag; crush and press it into crumbs with a rolling pin or a heavy tin.* Transfer into a large mixing bowl.
4. Preheat the oven to 200°C/400°F. Line a baking tray with a silicone mat or a sheet of parchment paper.
5. Prepare the vegetables. Peel the garlic. Wash, trim the tops and then roughly chop the spring onion. Wash, remove the stem and core and then roughly chop the bell pepper. Whilst the food processor is running, drop the garlic down the pouring spout. Process until minced. Add the onion and bell pepper. Process until finely chopped. **Tip:** *If you don't have a food processor, just get out your 'chefy-ist' knife and show the vegetables who's boss! Peel and mince the garlic and then finely chop and dice the spring onion and bell pepper (the smaller the pieces the better!).* Transfer into the mixing bowl.

6. Drain the tofu. Pat it dry with some kitchen paper. Break it into smaller pieces and transfer them into the food processor. Process until it's smooth-ish and completely broken down. Transfer into the mixing bowl. NB: Alternatively mash it in a large bowl with a fork or potato masher!
7. Add 75g vegan cream cheese, 4g dried thyme and 6-8g dried oregano, $\frac{3}{4}$ tsp salt and a few grinds of black pepper into the mixing bowl. Mix and thoroughly combine the ingredients. Taste and season it as necessary. Add the 'flax eggs', 20g sun-dried tomato puree and 10g of flour. Mix and thoroughly combine (we used a silicone spatula for this).
8. Shape the mixture into 'golf ball-sized meatballs'. **Tip:** *If the mixture is a little tacky, use the remaining flour to lightly dust your hands first.* Place the 'meatballs' onto the baking tray. Repeat until all the mixture has been used (we made twenty-four!). If desired, spray the 'meatballs' with a little low-fat cooking oil.
9. Place the tray onto the middle oven shelf. Bake for 30-35 mins; turning once halfway through. **Tip:** *They will be slightly firm to the touch and lightly golden at the end of baking!*
10. Serve on top of with your favourite pasta and sauce! We served ours on a bed of courgette and carrot ribbons, gluten free spaghetti and our homemade [marinara](#)!

Enjoy!

Tip: *Refrigerate any leftovers in an air-tight and resealable container; reheat and consume within 3-5 days. Alternatively store and freeze; defrost, reheat and consume within 1-2 months.*

Notes:

- Yes they have vegan cream cheese (which isn't something we would have a regular basis due to its saturated fat and salt content), but it works here. Paired with a healthy pasta sauce and pasta, this can be a balanced meal. Also, it might be interesting to try them with a DF garlic and herb cream cheese instead.
- These meatballs are not dry and like a lot of freefrom 'meatballs', chunkier ingredients can stop them from sticking together properly. So if you are looking for a dish with more texture, serve them with a chunky tomato-based pasta sauce instead!
- Perhaps with a little more bread or alternative grain, they can be adapted into small burgers.
- Feel free to use fresh herbs (if you have them) as they always make a difference in the overall flavour of things!