

Italian Meatless Balls

Ingredients

2 sachets of Promin Low Protein Burger Mix (Original or Lamb and Mint flavour) – need to count as exchanges

½ onion, finely chopped

Tomato and Ginger Sauce

2-3 cloves of garlic or 1 ½ teaspoons of minced garlic

Piece of ginger, the size of your thumb, chopped

2 tablespoon cider vinegar

1 tablespoon brown sugar

1 can chopped tomatoes

Salt and black pepper

Handful chopped coriander

Method

1. Cook the onion in a saucepan in a little oil until golden. Then cool the onion.
2. Make up the Promin Low protein Burger Mix by emptying the contents of the 2 packets into a bowl. Add 200ml of cold water and mix. Leave to stand for 1 minute.
3. Then combine this Low Protein Burger Mix and onion. With wet hands shape into small meatballs the size of a walnut. Shallow fry the meatballs for 2-3 minutes until slightly browned. Set aside while you make the tomato and ginger sauce.
4. Put the garlic, ginger, cider vinegar and brown sugar into the processor and whiz for a minute.
5. Pour the mixture and the tin of tomatoes into a saucepan and bring to the boil.
6. Reduce the heat, add the meatballs and simmer gently for 5-10 minutes.
7. Season and add coriander just before serving.
8. Meanwhile, cook the low protein pasta or low protein rice in a large pan of boiling water until tender.
9. Serve with 'Meatball' mixture over the low protein pasta or low protein rice.

