



## Plant-based meat balls in peanut gravy

This is based on [Yotam Ottolenghi's meatball recipe](#)

### Ingredients

#### **Gravy**

1/8 tsp cayenne pepper, optional  
1.5 tsp cajun spice mix  
300ml vegetable stock  
1.5 tsp tomato paste  
2 tbsp smooth peanut butter  
¼ tsp caster sugar (optional)

#### **Plant-based Meatballs**

There are many variations on plant-based meatballs available in the shops  
Eleanor prefers Birds Eye, Sam prefers Plant Pioneer (Sainsbury), Iveland stock a Swedish style ball.

### Method

Put the oil in a large frying pan on a medium-high heat and, once it's hot, add all the meatballs and cook for 12 minutes, gently turning with tongs until browned all over and cooked through. Transfer to a plate.

Stir the spices for the gravy into the hot oil in the pan, add all the other gravy ingredients and a quarter teaspoon of salt and cook, whisking often, for three minutes, until the gravy thickens slightly. Put the meatballs back in the pan and cook for two minutes, to warm through, swirling to coat them in sauce.

Transfer the meatballs and gravy to a large serving bowl and serve with rice or naan bread.

***This recipe can satisfy a family of mixed eating preferences without complaint – provided none of them are allergic to nuts. It was a big hit with my family, and you can vary how spicy you make it and what you serve it with.***