



# Alton Sustainable Eating

Healthy Food, Healthy Planet



## [Yotam Ottolenghi's Meatballs in peanut gravy and cucumber salad](#)

These get their influence from all over: the style is Swedish, the spicing and peanuts from West Africa, and the salad from southeast Asia, where the habit of “smacking” cucumbers means that any flavours you pair them with really sink in. Smack them only lightly – you want to bruise the cucumber gently, rather than give it a full-blown thwack. Serve with rice.

Prep 30 mins

Cook 35 mins

Serves 4

### Ingredients

#### **Salad**

½ cucumber (150gms), peeled, halved lengthways, lightly bashed with the flat of a large knife, then cut into 1 cm pieces

1 tbsp lime juice

5gms mint leaves roughly chopped

5gms coriander leaves, roughly chopped

40gms roasted salted peanuts, roughly chopped

#### **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

¾ tsp caster sugar (optional)

#### **Meatballs**

Yotam Ottolenghi's recipe for the meatballs is long and complicated – I used Linda McCartney's Vegetarian Meatballs (also Vegan).

If the meat eaters insist you can always pop some ready made Swedish meat balls in a separate pot of gravy for them.

### Method

An hour or so before you want to cook the meatballs, put the sliced onion, cucumber and lime in a small bowl and toss to combine.

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.

Mix the herbs and peanuts into the cucumber salad, transfer to a small bowl and serve alongside the meatballs.

***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.***