



Julie Zyromski

Mum's Nut Balls

Portions: 20 balls

Preparation: 35 minutes

Cooking time: 45 minutes

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Ingredients

Sauce

- 1 onion, finely diced
- 2 cloves garlic
- $\frac{1}{3}$ cup (80 ml) extra-virgin olive oil
- 1 bottle (680 ml) tomato passata*

* If you like your pasta with a lot of sauce, you can double the quantity of tomato passata.

Nut balls

- $\frac{3}{4}$ tasse (90g) sunflower seeds
- $\frac{3}{4}$ tasse (90g) raw peanuts
- $\frac{1}{2}$ cup (75 g) cashew nuts
- 4 cloves garlic
- 1 $\frac{1}{2}$ cup (225 g) breadcrumbs
- 2 tablespoons (30 ml) soy sauce
- 2 eggs
- 2 tablespoons (30 ml) water

Steps

Sauce

1. In a large saucepan, sweat the onion with garlic in olive oil over very low heat, until tender.
2. Add tomato passata and simmer while preparing the nutballs.

Nutballs

1. In a food processor, pulverize all the nuts with the garlic.
2. Once they are well crushed, add all the ingredients, except the water, and process until smooth.
3. Transfer to a bowl and verify texture, and the paste should hold together.
4. If not, add water and mix. Shape 20 balls and add them to the sauce.
5. Cover and cook over very low heat for 20 minutes, without stirring.

Serve with spaghetti or as is!