



More Than Food
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Spicy Peanut & Courgette Balls with Egg Noodles in a Yoghurt Satay Sauce

This one goes out to all the peanut butter lovers. Here at the Fresh Farm we love to make things interesting and these deliciously spicy plant-based and nutty 'meatballs', are certainly that! A combo of rustic and crunchy '(non)meatballs' on top of a bed of hearty egg noodles that have been tossed in a creamy yoghurt-peanut satay. The 'meatballs' might make it a slightly longer dish to cook, but we promise it's worth it!



40 mins



spicy



veggie



Courgette



Dry Roasted Peanuts



Garlic Clove



Ginger



Spring Onion



Red Chilli



Coriander



Panko Breadcrumbs



Wholemeal Flour



Tahini



Egg Noodles



Soy Sauce



Peanut Butter



Honey




Natural Yoghurt



Lime

Ingredients

	2P	4P
Courgette, grated	1	2
Dry Roasted Peanuts 1	1½ tbsp	3 tbsp
Garlic Clove, chopped	2	4
Ginger, chopped	1½ tbsp	3 tbsp
Spring Onion, chopped	3	6
Red Chilli, chopped	1 tsp	2 tsp
Coriander, chopped	3 tbsp	5 tbsp
Panko Breadcrumbs 2	1 tbsp	2 tbsp
Wholemeal Flour 2	2 tbsp	4 tbsp
Tahini 3	1 tbsp	2 tbsp
Egg Noodle 2, 4	1-2 nests	3 nests
Soy Sauce 2, 5	1½ tbsp	3 tbsp
Peanut Butter 1	2½ tbsp	5 tbsp
Honey	½ tbsp	1 tbsp
Natural Yoghurt 6	1 pot	2 pots
Lime	1	2

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

- 1)** Peanut | **2)** Gluten
3) Sesame | **4)** Egg
5) Soya | **6)** Milk

Nutrition per serving: Calories: 625 kcal | Protein: 26 g | Carbs: 88 g | Fat: 22 g | Saturated Fat: 3 g



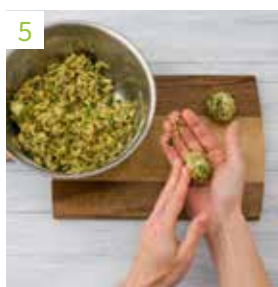
1 Place a clean tea towel over a plate. Grate the courgette onto the tea towel, sprinkle with a good pinch of salt and twist to close the tea towel. Leave for 5-10 mins. **Tip:** *The salt will draw out the moisture from the courgette and help bind the balls together!*



2 Heat a frying pan over a medium-high heat (no oil!). Add the peanuts and toast for 1-2 mins, until lightly brown. **Tip:** *Watch like a hawk to prevent the nuts from burning.* Remove from the heat and roughly chop on a chopping board.



3 Now to prepare your veggies! Peel and chop the garlic and ginger. Finely chop the spring onions. Finely chop the chilli. Roughly chop the coriander. **Tip:** *To peel the ginger simple use the back of a spoon!*



4 Pre-heat your oven to 190 degrees. Heat 1 tbsp of oil in a frying pan over a medium-low heat. Add half the garlic, half the ginger, half the chilli and most of the spring onion and sauté for 1-2 mins, until softened. Remove from the heat.

5 Twist and squeeze the tea towel over the sink to release the excess liquid from the courgette. In a large bowl combine

the strained courgette, spring onion mixture, toasted peanuts, breadcrumbs, flour, tahini, 1 tbsp of coriander and a few grinds of black pepper. Form six balls and place them on a baking tray in the oven and bake for 20 mins, until lightly golden. Turn once during cooking!

6 Bring a pot of water to boil with ¼ tsp of salt. In the meantime, heat ½ tsp of oil in a frying pan over a medium-low heat and sauté the remaining garlic, ginger and a little chilli. Gently fry for 1-2 mins or until softened. Remove from the heat.

7 Add the noodles to the pot of boiling water and rapidly boil for 4 mins (1 or 2 nests depending on your hunger!).

8 Meanwhile, in a large bowl mix together the soy sauce, peanut butter, honey, yoghurt, remaining sautéed garlic, ginger, chilli and 4 tbsps of the boiling water, set-aside. Drain the cooked noodles and add them to the bowl. Toss to thoroughly coat.

9 Serve the noodles in bowls and top with the courgette balls. Garnish with the remaining coriander, spring onion and the lime to squeeze over the top.