

A recipe packed full of flavour for when the weather changes.

**EDUCATION SECTOR: SECONDARY**  
**SERVINGS: 12**  
**ALLERGENS: WHEAT**



# Chickpea Meatballs with Balti Gravy

## Ingredients

### FOR THE MEATBALLS

900g Tinned chickpeas (drained)

200g Wholewheat couscous

500ml Boiling water

[10g KNORR Professional Vegetable Powder Bouillon](#)

250g Red onion

20g Marmite

### FOR THE SAUCE

1ltr Water

[60g KNORR Professional Gluten Free Gravy Granules for Meat Meat Dishes 25L](#)

[40g KNORR Professional Pataks Balti Concentrated Sauce](#)

### TO FINISH

10g Flat parsley (optional)

## Method

### FOR THE MEATBALLS:

- Whisk the KNORR Professional Vegetable Powder Bouillon into water.
- Pour the stock over the couscous, fluff with a fork then cover and allow to "cook". Once soft, allow to cool.
- Place all ingredients into a blender and pulse to combine, then pour into a bowl.
- Roll the meatballs into walnut size balls, roughly 25g each, and place onto a lined oven tray.
- Bake for 20 minutes at 180°C.

### FOR THE SAUCE:

- Bring the water to the boil then whisk in the KNORR Professional Gluten Free Gravy and KNORR Professional Pataks Balti Concentrated Sauce.
- Simmer for 2 minutes then turn off the heat.

### TO FINISH:

- Serve with cooked rice and pour over the Balti gravy. Garnish with chopped parsley if using.



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