

No-Tomato Spaghetti and Meatballs



Serves	4-5
Prep time	40 minutes
Cook time	40 minutes
Total time	1 hours, 20 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Main Dish
Misc	Child Friendly , Freezable , Pre-preparable , Serve Hot

Ingredients

- 400g spaghetti

For the sauce:

- 1/2 Large leek (finely chopped)
- 2 teaspoons minced garlic
- Sunflower oil
- 2 Large carrots (roughly chopped)
- 1 Medium zucchini (peeled and roughly chopped)
- 1/2 Medium sweet potato (peeled and roughly chopped)
- 400g tinned chickpeas (rinsed and drained)
- 500g home made chicken or vegetable stock (Refer to Basics Page)
- 1 teaspoon citric acid
- 1 teaspoon salt
- 2 tablespoons brown sugar
- 400g tinned lentils (rinsed and drained)
- 250ml water

For the meatballs:

- 500g skinless chicken fillets
- 1 teaspoon golden syrup
- 1 egg white
- 2 spring onions (finely chopped)

Directions

To make the meatballs:

1. Place the chicken fillets in a food processor and process until minced.
2. In a large bowl, combine the chicken, golden syrup, egg white and spring onions.
3. Using wet hands, shape the mince mixture into small balls and place on a tray or plate lined with cling wrap. Refrigerate for at least 30 minutes.



To make the sauce:

4. Place the carrots, zucchini, sweet potato and chickpeas into a food processor and process until finely chopped. Set aside.
5. In a large saucepan, cook the leek and garlic in a bit of oil for a few minutes until soft.
6. Add the processed vegetables, stock, water, citric acid, salt, sugar and lentils to the sauce pan. Bring to the boil then allow to simmer for 20 minutes, stirring occasionally.
7. Add the meatballs to the sauce and cook for another 20 minutes, or until the meatballs are cooked through. Gently stir occasionally.



 [Spaghetti and Meatballs](#)

To serve:

8. Cook the spaghetti as per the instructions on the packet, and drain.
9. Serve the spaghetti into bowls then top with the meatballs and sauce.



Note

Moderate Salicylates, Low Glutamates, Low Amines

Variations: the meatballs can be made with any kind of preservative-free mince.

Refer to the basics page for [home made stock recipes](#).