



Ingredients

2 cups cooked lentils (still warm)
3 tbsp. ground flax seeds
2 cloves garlic
1 tbsp. oregano
3 tbsp. fresh basil
½ onion
2 tsp salt
1 tsp pepper
1 jar of ready-made marinara sauce
2 tbsp. extra virgin olive oil

Directions

Add lentils, flax seed, garlic, oregano, 2 tbsp. basil, onion, salt, and pepper to a bowl. Mash with a potato masher or fork. Roll meatballs into 1½ inch balls and place onto a baking sheet. If too sticky add another tbsp. of flax. Heat olive oil in a large skillet over medium heat. Place lentil meatballs onto the skillet. Cook meatballs for about 5-10 minutes on each side. Pour marinara sauce into skillet, covering and mixing in with meatballs, simmer about 5-8 minutes more. Serve over spaghetti, spiralized courgette and top with fresh basil.