



Moosejaw Chickpea Meatballs

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INGREDIENTS

1. ½ cup sushi rice
2. 2 scallions
3. 1 lime
4. 1 can chickpeas
5. 1 tbsp sriracha
6. 2 tsp red miso paste
7. 2 tbsp cashew butter
8. 2 zucchini
9. Fresh ginger
10. Fresh cilantro
11. 1 Thai chile
12. ¼ cup spicy peanut sauce
13. 1 tbsp + 2 tsp vegetable oil*
14. Salt + pepper*
15. *Not included

Allergens: soy, tree nuts, coconut, peanuts

Tools: Baking sheet, Large nonstick skillet, Zester or microplane, Small saucepan

SERVINGS

22

PREP & COOK TIME

45 min

CALORIES

840

FAT

29g

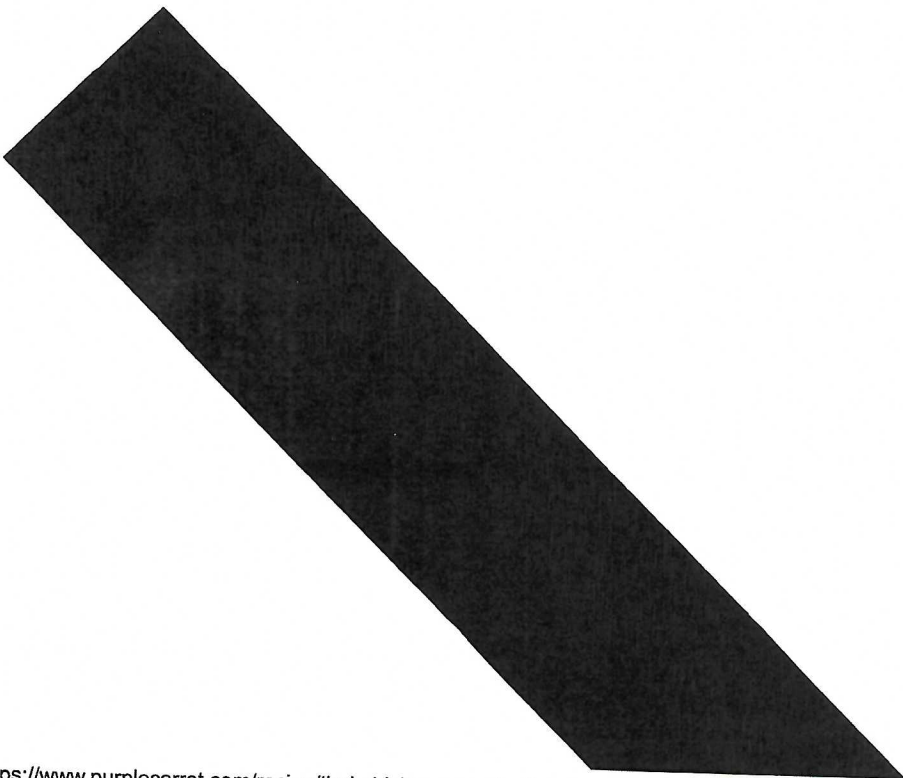
CARBOHYDRATES

123g

PROTEIN

27g

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1
Get started

Combine the sushi rice, $\frac{3}{4}$ cup water, and a pinch of salt in a small saucepan and bring to a boil. Cover, reduce heat to low, and cook until the grains are tender and the water is absorbed, about 10 to 12 minutes. Let the rice sit, covered, for 5 minutes, then fluff with a fork. Thinly slice the scallions. Zest the lime.

2
Prepare the chickpeas

Preheat the oven to 425°F. Drain and rinse the chickpeas, and dry well with a paper towel. Place a large nonstick skillet over medium-high heat and add the chickpeas. Cook until browned in places and dried out, about 6 to 8 minutes. Transfer to a large bowl to cool and then mash half of the chickpeas with a fork.

3
Roll the meatballs

Coat a baking sheet with 1 tbsp vegetable oil. Add the cooked rice, sliced scallions, lime zest, sriracha, red miso paste, cashew butter, and a pinch of salt and pepper to the bowl with the chickpeas. Mix well with your hands. Form into 6 meatballs and place on the baking sheet, rolling to coat in the oil. Bake until firm and lightly browned, about 18 to 20 minutes.

4
Make the noodles

Trim the zucchini and slice into thin planks lengthwise, about $\frac{1}{4}$ inch thick. Stack and cut into thin strips to make zucchini noodles. Halve the lime. Peel and mince the ginger. Chop the cilantro. Thinly slice the Thai chile.

5
Cook the noodles

Return the large skillet to medium-high heat with 2 tsp vegetable oil. Once hot, add the minced ginger, and cook until fragrant. Add the zucchini noodles and gently toss. Reduce heat to medium and cook until the noodles are heated through, about 3 to 5 minutes. Stir in the juice from the lime, cilantro, and a pinch of salt.

6
Serve

On the baking sheet, coat the meatballs with half of the peanut sauce. Divide the ginger lime zucchini noodles between large plates. Top with Thai chickpea meatballs and sprinkle with Thai chile. Serve with the remaining peanut sauce.

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