



Top Trendy Ingredient: Chickpeas

Trendy Condiment: Hot Honey

**Chickpea “Meatballs” with Asian Hot Honey Glaze**

*Serve with Tender Baby Bok Choy and Rice Noodles*

**Rice Noodles:** 4 ounces rice noodles, soaked; softened

**Hot Honey:** 3 Tablespoons honey

1/2 Tablespoon Gochujang Sauce

**Chickpeas:** 1 (15 oz) can chickpeas with liquid

3 Tablespoons aquafaba or (chickpea liquid)

**Soy Dressing:**

2 Tablespoon soy sauce

2 Tablespoon unseasoned rice vinegar

2 Tablespoons coconut oil

1/2 Tablespoon minced cilantro

1/2 Tablespoon hot honey

### **Chickpea “Meatballs”**

4 ounces organic Shiitake mushrooms, stems removed  
1 Tablespoon coconut oil  
1/4 cup diced red onion  
1 garlic clove, fine minced  
1 Tablespoon fine minced fresh ginger  
1 Tablespoon coconut oil  
4 Tablespoons ground flaxseeds  
1 Tablespoon dressing  
Baking oil spray as desired

### **Asian Bowl Vegetables:**

Soaked Rice Noodles (see above direction)  
4 teaspoons sesame oil, divided  
1 to 2 Baby Bok Choy, halved  
1 large carrot, peeled, spiralized  
3 to 4 radishes, sliced  
3 to 4 quarter sliced red onion, chopped  
1 to 2 teaspoons toasted sesame seeds  
3 Tablespoons cilantro, chopped or sprigs

### **Before Starting:**

Soak Rice Noodles in cold water to soften according to package directions.

Prepare Hot Honey: In small bowl, stir honey and Gochujang Sauce.

Drain Liquid from Chickpeas; set liquid (aquafaba) aside. Place chickpeas and 3 Tablespoons aquafaba or chickpea liquid in food processor; process until ground soft mixture forms. Set aside.

Prepare Soy Dressing: In a bowl, combine 2 Tablespoon soy sauce, 2 Tablespoons vinegar, 2 Tablespoons coconut oil, 1/2 Tablespoon minced cilantro, 1/2 Tablespoon prepared hot honey

**Preheat oven:** 400-degree F. oven

**Prepare Chickpea “Meatballs”** Clean and chop mushrooms. Place 1 Tablespoon coconut oil in 9-1/2-inch cast iron pan; add mushrooms to skillet with onions; cook on medium high heat, stir occasionally about 7 minutes and mixture is brown; stir in garlic and ginger; cook for one more minute until mushrooms are crisp and brown. Remove from heat.

In large bowl, combine pureed chickpeas and mushroom mixture. Stir in ground flaxseeds, and 1 Tablespoons soy dressing. Mix to combine ingredients. Set aside for 5 minutes to thicken. If mixture is too soft, chill in refrigerator for 10 minutes. Form chickpea mixture into 14 golf ball size meatballs, place on greased parchment lined baking pan. Spray “meatballs” lightly with oil. Bake in 400-degree F oven for 20 minutes or bottoms are browned. Remove from oven. Cool 10 minutes; brush top lightly with prepared soy dressing. Set aside to serve with rice noodles and vegetables.

**Prepare Rice Noodles:** In medium saucepan, cook noodles in boiling water or broth for 2 to 4 minutes or desired tenderness. Drain; place in medium sized bowl; toss with 1 to 2 teaspoons sesame oil or prepare according to package directions. Set aside to stay warm.

**Steam Bok Choy and Carrots** in steamer about 3 to 4 minutes or cook in microwave separately for 1 to 2 minutes or until crisp/tender, Drizzle each vegetable with a teaspoon of sesame oil.

**Arrange Serving Plate.** Place bok choy, carrots, warm noodles on serving plate. Warm hot honey in microwave safe container on high power for 10 to 15 seconds or warm; drizzle lightly over top of each chickpea “meatball.” Arrange on serving plate; garnish plate with sliced radishes and red onions as desired. Drizzle arranged plate with remaining dressing and sprinkle with sesame seeds and cilantro.

Yield: 14 chickpea “meatballs: Serves 4 lunch portions

**Cook’s Note:** If you only want to make the chickpea “meatballs,” prepare a half recipe of the soy dressing and if desired some hot honey. You can serve these with wraps, drizzle with any remaining soy dressing.

**About the Recipe:** This is a winning trendy recipe, featuring both chickpeas and hot honey. Chickpeas are so versatile that it isn’t surprising that they make soft, moist vegetarian “meatballs.” Hot honey is addictive and just a few drizzles make any recipe pop with flavor. Enjoy this Asian styled light dinner, complete with rice noodles, bok choy, carrots, dressed with an Asian global flavored sauce.