

Plant-Based Mushroom Quinoa Meatballs (Oven-Baked!)

Looking for a satisfying meatless dinner that doesn't compromise on texture or flavor? These



OVEN
375°F

TIME
7 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

2 cups mushrooms, finely chopped
1 cup cooked quinoa
1/2 cup breadcrumbs
1/4 cup nutritional yeast
2 cloves garlic, minced
1 tablespoon soy sauce
1 teaspoon dried oregano
Salt and pepper, to taste
Olive oil, for sautéing

DIRECTIONS

1. Preheat the Oven: Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper for easy cleanup.
2. Cook the Mushrooms & Garlic: In a skillet, heat a drizzle of olive oil over medium heat.
3. Add minced garlic and sauté until fragrant, about 30 seconds.
4. Stir in the chopped mushrooms and cook for 5-7 minutes, until softened and moisture has mostly evaporated.
3. Mix the Meatball Mixture: In a large bowl, combine the cooked mushrooms, quinoa, breadcrumbs, nutritional yeast, soy sauce, oregano, and a pinch of salt and pepper.
6. Mix well until it starts to bind together. Let it sit for a few minutes for breadcrumbs to absorb moisture.
4. Shape & Bake: Using your hands or a scoop, shape the mixture into small meatballs and place on the baking sheet.
8. Bake for 20-25 minutes, flipping halfway through, until golden brown and firm to the touch.

SWAPS & NOTES

& Substitutions Mushrooms: Cremini or white button mushrooms work well.

For bolder flavor, try portobello or shiitake.

Quinoa: Make sure it's fully cooked and cooled for easy mixing.

You can sub with cooked lentils or brown rice in a pinch.

TIPS FOR SUCCESS

Finely chop the mushrooms : This helps the mixture hold together better.

Don't skip cooking off the moisture : Mushrooms release a lot of liquid-make sure they're dry before mixing.

Let them cool slightly before moving-this helps them firm up and hold their shape.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/plant-based-mushroom-quinoa-meatballs-oven-baked/>