



Sticky soy, garlic plant balls by Liz Miu



Plant based



Serves 2-3

Paired with fragrant jasmine rice and eaten in a lettuce wrap, these are a textural and flavourful delight!

Ingredients

500g HUVUDROLL Plant balls
2 tbsp oil
1 white onion, sliced
4 cloves garlic, minced
1/2 tbsp freshly minced ginger
1/2 tsp black pepper
1/2 tbsp toasted sesame seeds

Sauce Mix

1 tbsp white wine vinegar
1/4 cup brown sugar (50g)
1/4 cup soy sauce
1 tbsp hoisin sauce
1 tsp sesame oil

To Thicken

1/2 tbsp cornstarch + 1 tbsp water

To Serve

Iceberg lettuce, leaves separated to form cups
Spring onions, chopped
Freshly cooked jasmine rice
Sliced red chilli, optional
Toasted sesame seeds

Step-by-step

1. Cook plant balls in the oven or air-fryer as per packet instructions until hot through.
2. Mix vinegar, brown sugar, soy sauce, hoisin sauce and sesame oil in a small bowl and set aside. In a smaller bowl mix together the cornstarch and water.
3. When the plant balls have finished cooking, in a wok, heat the oil and cook onions for about 1 minute. Add garlic, ginger and cook for another 1/2 minute or so. Add black pepper and stir for another 1/2 minute.
4. Pour in your sauce mix and cook for a few minutes until it starts to bubble. Add the cornstarch mixture and stir until sauce thickens. Add your cooked plant balls and stir to coat. Sprinkle the sesame seeds evenly over and stir to coat.

Serving

Makes 10 lettuce cups. Plate up and sprinkle with some extra sesame, spring onion and chilli if you want a bit of spice. It's best to let people wrap their own cups so put out some lettuce cups, rice and the plant balls and enjoy with friends and family!



HUVUDROLL
Plant ball
204.835.92
\$7.50

