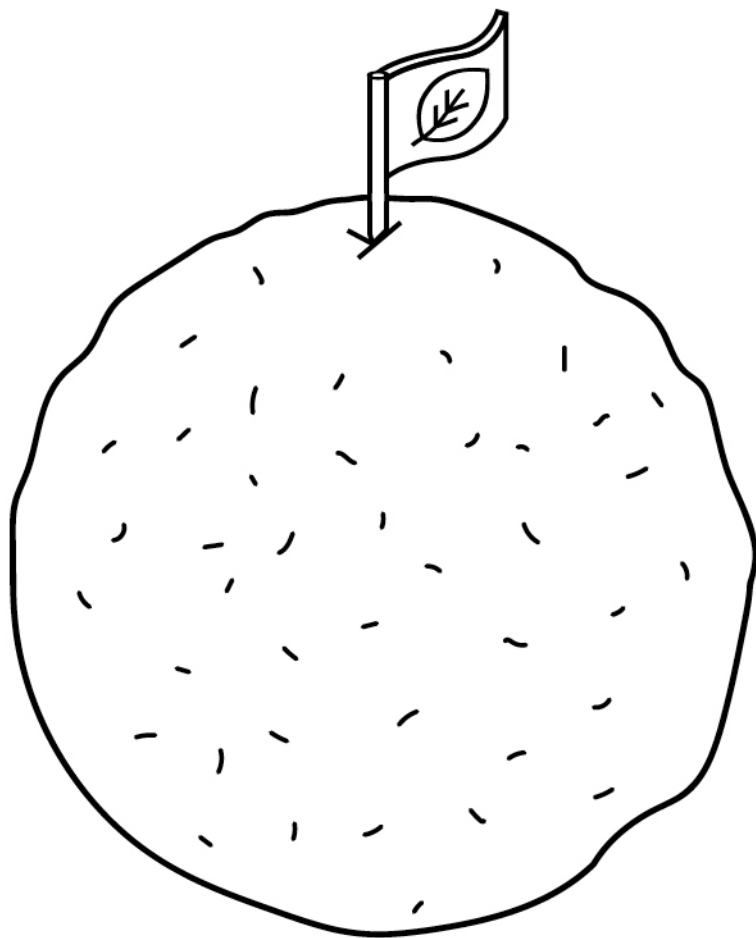


# CABBAGE-SIZED PLANTBALL



# Tis' the season of the plantball.

The **Cabbage-Sized plantball** is a **plant-based christmas showstopper** like no other, and you are one of the lucky few that get to indulge in its deliciousness!

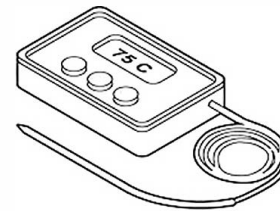
## Congratulations!

We hope you love your delicious Cabbage-Sized plantball as much as we do.

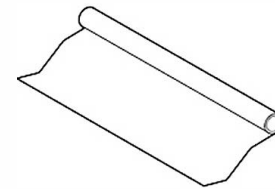
Please share all your thoughts, snaps, reviews and cooking antics online, tag @IKEAIE for the chance to get featured.

We hope you have a ball this Christmas.

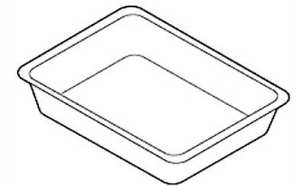
# What's in the bag?



Thermometer



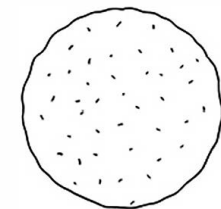
Foil



Roasting Dish



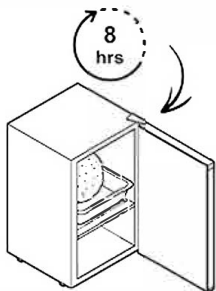
Lingonberry Jam



Cabbage-Sized Plantball

# Cabbage-Sized Plantball cooking instructions:

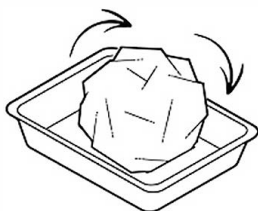
1



## THE GREAT THAW:

Once you arrive home from picking up your plantball, immediately place it into your freezer until it's time to defrost for cooking. To defrost your Cabbage-Sized Meatball, remove it from the freezer and defrost for 24 hours. Once fully defrosted please cook within 24hrs and do not refreeze. If you decide not to consume this delicious plantball over the Christmas period, see the pack for details on best before date.

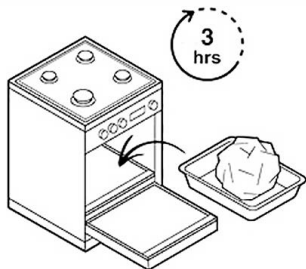
2



## PRE HEAT & PREP:

Preheat your oven to a cozy 160°C-150°C fan/gas mark 2. Place a litre of water in an oven tray and put it on the bottom shelf of your oven. While your oven is getting toasty, remove the plantball from its plastic packaging and rub it with oil. Once oiled, wrap your ball in tinfoil and place it on the baking tray provided. This will help it retain moisture.

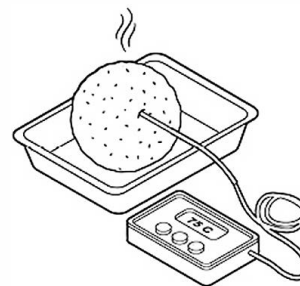
3



## THE EPIC ROAST:

Once you've checked everything is nice and hot, pop the Cabbage-Sized Plantball into the oven on a shelf above the water tray. Top up the water in the bottom tray if required through the cooking process.

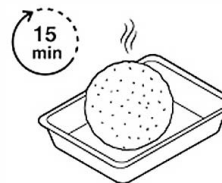
4



## CHECKUP:

At the 3 hour mark, take the plantball out of the oven and push the thermometer probe into the centre of the plantball to check the core temperature. If you haven't hit a core temp of 75°C (UK & ROI) or 82°C (Scotland), pop it back in the oven and cook until it reaches a core temp of 75° (UK&ROI) & 82°(Scotland). It must hold this temperature for at least 30 seconds.

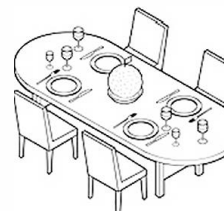
5



## REST & RELAX:

Once the core temperature has been met, turn off the oven and leave the plantball to rest for 15 minutes.

6



## THE GRAND UNVEILING:

Carefully take the plantball off the tray and then remove the foil, taking care as steam from the plantball will be present. Serve your ball with classic Christmas sides like IKEA lingonberry jam and peas.

7



## SHARE THE LOVE:

Snap a pic of your festive plantball banquet and share it on Instagram or TikTok. Tag @IKEAIE to spread the holiday cheer!

## THE IMPORTANT BIT:

Remember, **never** reheat your Cabbage-Sized Plantball, it's just as delicious cold so there's still plenty you can do with the leftovers.

# Nutritional guidelines

## Ingredients:

Water, Cooked Onions (onion, water, sugar), Pea Protein (100% Pea Protein Isolate Powder), Mash Potato (potato, water), Breadcrumbs (Rice Flour, Water, Dextrose Monohydrate, Vegetable Fibre, Salt (E535), Mono and diglycerides: E471, Caramelised Sugar Syrup, Paprika), Sunflower Oil, Oat Bran Flour (organic wholegrain **OATS**), Mushroom Ketchup (water, salt, spirit vinegar, hydrolysed vegetable protein (water, hydrolysed vegetable protein, salt), mushroom powder (3%) (concentrated mushroom juice, maltodextrin), **BARLEY** malt extract, spices), (may contain **PEANUTS, NUTS**), Onion Powder (dehydrated white onion (**SULPHITES**), anti-caking agent: calcium stearate (E470a)), Tamari (water, **SOY**beans, salt, spirit vinegar), Potato Starch, Pea Protein Powder (Pea Protein Concentrate\* (80%), Fava Bean Protein Concentrate\* (19%), Salt), Mushroom Powder (Porcini powder), apple flakes (**SULPHITES**), garlic powder, vegetable stock (vegetable stock (water, onion, carrot juice, tomato, herb), glucose syrup, yeast extracts, salt, chicory extract, sugar, rapeseed oil, natural flavouring) Allspice, lemon juice, black pepper, Salt, Cinnamon.

Allergen advice. For allergens, See ingredients in **bold**.

Test	Result (g/100g)
Energy kJ	743.6
Energy kcal	178.4
Total Fat	6.9
Of which saturates	1.2
Carbohydrate	16.8
Of which sugars	3.3
Fibre	2.0
Protein	12.6
Salt	1.8
Sodium mg	708.1