

RECIPES

Plant balls with vegetable croquettes



Plant balls with deep fried vegetable croquettes.

SERVES: 4 pers TIME: 30 min

INGREDIENTS:

40 pcs (640 g) of
HUVUDROLL plant balls

600 g GRÖNSAKSKAKA vegetable
medallions

2 eggs

60 g plain (all-purpose) flour

40 g panko breadcrumbs

1 litre peanut oil (for deep-frying)

Sea salt (to taste)

2 fresh green chillis

4 scallions

1 spring garlic (or 2 garlic cloves)

100 ml soy sauce

1 tbsp. rice vinegar

1 tsp. toasted sesame oil

1 clove garlic, finely grated

1 tsp. finely grated fresh ginger

1-2 tsp. gochugaru (Mild Korean dried
chilli)

1 tsp. roasted sesame seeds

200 ml mayonnaise

STEP BY STEP:

1. Defrost the vegetable medallions and shape them into desired shape
2. Break the eggs into a bowl and lightly whisk them. Pour the flour and remaining panko breadcrumbs into separate bowls and place the bowls in a row near to the cooker.
3. Fill a high-sided saucepan with the oil and place on the hob. Heat the oil to 190°C, then reduce the setting to medium and try to keep the oil at 190°C as far as possible.
4. Dip the vegetable croquettes first in the flour, then in the whisked egg and finally in the panko breadcrumbs. Deep-fry 2 croquettes at a time in the oil for 2-3 minutes until they develop a golden-brown colour, pushing them around with a slotted spoon.
5. Lift the croquettes out and drain on paper towel. Sprinkle with salt on all sides.

6. Fry the plant balls as instructed on the package.

7. Finely slice fresh green chili, scallions and garlic and those them together with the meatballs in a bowl.

8. Pour the soy, vinegar, sesame oil, garlic, ginger and dried chilli in a bowl and mix well. Top it of with the roasted sesame seeds.

9. Serve the plant balls with the soy based dipping sauce and the croquettes with a mayonnaise.



HUVUDROLL
Plant balls, 500 g

\$ 8.00



RECIPES

Plant balls with quinoa salad



HUVUDROLL plant balls with quinoa salad, rhubarb vinaigrette topped with soyghurt and feta cheese sauce

SERVES 4

Oven-baked quinoa with vegetables, feta cheese and potato chips. A plant-based meal made to perfection with fresh rhubarb vinaigrette.

INGREDIENTS:

24 pieces (3/4 bag)
HUVUDROLL plant balls

QUINOA SALAD

4 portions quinoa (according to package)

1 head of broccoli, in bouquets
2 dl green peas, defrosted
2 tbsp. SMAKRIK rapeseed oil

SOY YOGHURT & FETA CHEESE

2 dl soy yoghurt
1 ½ dl feta cheese, crumbled
2 tbsp. dill, finely chopped

4 dl thinly sliced radicchio lettuce
4 small handfuls FESTLIGT,
salted potato chips

RHUBARB VINAIGRETTE

2 tbsp. IKEA rhubarb syrup
2 tbsp. white wine vinegar
2 tbsp. lemon juice
2 tbsp. SMAKRIK rapeseed oil

STEP BY STEP:

Plant balls

Cook the plant balls according to the instructions on the package.

Quinoasalad

Set the oven to 225°C (437°F). Cook the quinoa according to the instructions on the package.

In an oven tray, add the broccoli bouquets, the oil and a bit of salt. Roast for approx. 6-8 minutes, or until al dente. Mix the cooked quinoa, roasted broccoli and the peas in a bowl. Keep warm or serve at room temperature.

Soy yoghurt / feta cheese

In a bowl, mix the soy yoghurt, crumbled feta and the dill. No salt needed, maybe some pepper or dried chili if you like things a little spicy.

Vinaigrette

Mix the ingredients in a bowl or bottle.

SERVING

Spoon the quinoa salad into the bottom of the bowl, divide the plant balls on top. Add the lettuce, feta and soy yoghurt dip and potato chips in separate little mounds. Top off with the vinaigrette.



HUVUDROLL
Plant balls, 500 g

\$ 8.00



RECIPES

Plant balls with pasta and tomato sauce



HUVUDROLL plant balls with pasta, tomato sauce, baked carrots, roasted onions and elderberry dip

SERVES 1

Easy-to-love pasta with plant balls and other green goodies, topped with a fresh dip.

INGREDIENTS:

5 HUVUDROLL plant balls
50 g uncooked BÄSTISAR pasta
Salt

TOMATO SAUCE

100 g celery
100 g fennel
200 g onions
200 g carrots
10 g garlic
5 g fennel seeds (ground)
1 g star anise (ground)
1 g black pepper (ground)
¼ g bay leaf
40 g olive oil
20 g tomato puree

3 x 400 g whole canned tomatoes
500 g vegetable bouillon
5 g salt
5 g sugar
10 g sherry vinegar

OVEN ROASTED CARROTS

50 g peeled carrots
1 tbsp cooking oil
Salt and black pepper

ELDERBERRY DIP

1 tbsp. elderberry drink
1 tbsp. white wine vinegar
1 tsp. lemon juice
40 g vegan mayonnaise
10 g of soy yoghurt
Salt and black pepper

ROASTED ONIONS

10 g roasted onions

STEP BY STEP:

Tomato Sauce

Soften finely-chopped onions, fennel, carrots, celery and garlic in olive oil. Cook on low heat without browning for about 20 minutes. Add the spices and tomato puree. Sauté for about 5 minutes. Add the tomatoes and the water. Let simmer for about 1 hour. Add the vinegar, sugar and salt and bring to a boil.

Oven-roasted carrots

Cut the carrots into 2 cm slices, toss with the cooking oil, season with salt and pepper and cook in oven 200°C for 15-20 minutes. Serve warm.

Elderberry dip

Mix all ingredients while stirring, seasoning with salt and black pepper. Serve cold.



HUVUDROLL
Plant balls, 500 g

\$ 8.00

