

RECIPES

Plant balls with green peas



Plant balls with green peas, roasted spring onions, mint and a tahini sauce

SERVES: 4 pers TIME: 30 min

INGREDIENTS:

40 pcs (640 g) of HUVUDROLL plant balls
8 small spring onions, trimmed with some of the green tops
3 tbsp. SMAKRIK rapeseed oil
100 ml tahini
50 ml cold water
2 tbsp. apple cider vinegar
1/2 tsp. sea salt
1 tsp. roasted sesame seeds
600 g green peas
120 g bean sprouts
2 sprigs of mint
Freshly-ground white pepper (to taste)
Sea salt (to taste)

STEP BY STEP:

1. Preheat the oven to 210°C
2. Cut the spring onions lengthwise. Place them on a baking sheet, drizzle over 1 tbsp. oil, season with salt. Roast until tender and cut surfaces are golden brown, 20 to 25 minutes.
3. Make the tahini sauce. Blend tahini, cold water, vinegar and salt to a smooth sauce. Pour in a jar and drizzle some oil and sprinkle the sesame seeds on top
3. Fry the plant balls as instructed on the package.
4. Pour 1 tbsp. oil in a frying pan on medium heat. When the oil is hot, add the peas, and cook until heated through, about 2 minutes
5. Turn of the heat on the frying pan, ad the bean sprouts, mint, meatballs and the roasted onions. Toss and mix it together. Season with salt and pepper.

