

RECIPES

# Veggie balls with roasted cauliflower





# Veggie balls with roasted cauliflower on grilled flat bread served with yoghurt and dukkah

SERVES: 4 pers TIME: 60 min

## INGREDIENTS:

40 pcs (640 g) of HUVUDROLL vegetable balls  
 1 head of cauliflower, stalk trimmed  
 3 tbsp. butter at room temperature  
 4 red onions, trimmed and quartered  
 Sea salt and black pepper (to taste)  
 4 tbsp. SYLT LINGON lingonberry jam  
 3 tbsp. hazelnuts  
 2 tbsp. pumpkin seeds  
 2 tbsp. sunflower seeds  
 1 tsp. fennel seeds  
 1 tbsp. coriander seeds  
 1 tbsp. cumin  
 1 tsp. coarse sea salt  
 100 g SOMMARSKÖRD pickled gherkins, drained  
 100 ml SÅS SENAP & DILL mustard and dill sauce  
 4 BRÖD TUNNBROD soft thin bread  
 4 tbsp. greek yoghurt  
 4 tsp. SMAKRIK, rapeseed oil, dill flower flavour  
 4 tbsp. ROSTAD LÖK fried onion  
 4 tbsp. fresh herbs

## STEP BY STEP:

1. Preheat the oven to 220°C
2. Trim the heads of cauliflower and rub in plenty of butter. Sprinkle with salt and pepper. Transfer them to an ovenproof dish and bake them together with the onions for 10 minutes in the middle of the oven. Then reduce the heat to 150°C and bake for a further 30–40 minutes, until the cauliflower and onions take on a golden colour and starts to soften.
3. Gently roast the hazelnuts, pumpkin seed and sunflower seeds in a dry pan on high heat. About 3 minutes. then ad the fennel, coriander, cumin and sea salt and roast for another minute. Pour it all into a blender and just press the pulse button a couple of times. The goal is a crunchy mixture, not a powder.
4. Cut down the pickled gherkins into 5 mm cubs. Ad the mustard and dill sauce and mix well.

5. Take out the onions from the oven proof dish, cut them down lengthwise, about 5 mm wide strips and mix them with the lingonberry jam with your hands or a spoon.
6. Fry the vegetable balls as instructed on the package.
7. Put a griddle on high heat, butter the soft thin breads one each side and grill them gently. 2-3 minutes on each side.
8. Use the soft thin breads as a base, put small piles of the cauliflower, pickled gherkin mustard sauce, lingonberry onions, vegetavle balls and top it of with fried onions and fresh herbs. Serve the greek yoghurt, dil flower oil and dukkah on the side.

