

RECIPES

Plant balls with roasted potatoes



Plant balls with roasted potatoes, cream sauce and lingonberry jam

SERVES: 4 pers TIME: 60 min

INGREDIENTS:

40 pcs (640 g) of HUVUDROLL plant balls, 600 g small white-skinned potatoes (about 4 cm diameter), scrubbed

2 tbsp. SMAKRIK canola oil

1 tbsp. sea salt

1 bag (28 g) of ALLEMANSRÄTTEN mix for cream sauce

100 ml of water

200 ml of double cream

4 tbsp. chopped fresh herbs, e.g. garden cress, thyme and parsley

4 tbsp. Lingonberry jam

STEP BY STEP:

1. Preheat the oven to 200°C

2. Put the potatoes in a heavy large baking dish, spacing them evenly apart. Roast the potatoes until they are tender and golden, about 1 hour.

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

4. Mix the cream sauce powder with water and cream in a saucepan over medium heat. Cook until it just starts to boil, keep it on simmer until it's ready to serve

5. Serve the plant balls, roasted potatoes and cream sauce topped with the herb mix and the lingonberry jam



Art no: 000000000
HUVUDROLL XXXXXX 500 g

€ 00.00



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.



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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. SMAKRİK 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. SMAKRİK 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.



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HUVUDROLL XXXXXX 500 g

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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:

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. Serve warm.

Elderberry dip

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



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