

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.

