



GLAZED NUGGETS WITH RICE AND VEGGIES

INGREDIENTS



4 SERVINGS



30 MIN



CHALLENGING

2 packs Garden Gourmet Vegan Nuggets

300 g white (basmati) rice

1 Shanghai bok choy

400 g bimi (asparagus broccoli)

200 g sugar snaps

125 g bean sprouts

1 clove of garlic

400 ml coconut milk

150 ml water

1 cm fresh ginger

1/4 red pepper

sunflower oil for frying

2 spring onions

4 tbsp sweet chili sauce

5 tbsp light salty soy sauce

1 tbsp toasted sesame seeds

salt

pepper

Why not serve your Vegan Nuggets with an Asian twist? These glazed Garden Gourmet Nuggets are delicious with coconut rice and Asian veggies!

PREPARATION

1. Cook rice in coconut milk and cut the veggies

Add the coconut milk and water to a pan, bring it to a boil and add the rice. Stir and cook for 15 minutes. Blanch the sugar snaps and bimi (cut in half lengthwise) for about 2 minutes. Cut the bok choy into pieces and the spring onion into 1 cm pieces.

2. Cut garlic, ginger, and red peppers

Remove the thin roots from the bean sprouts. Peel and mince the garlic and peel and grate the ginger. Cut the red pepper into thin rings.

3. Stir-fry the veggies and make the glaze

Stir-fry the sugar snaps, bimi and bok choy in some oil and fry the garlic, ginger and red pepper along. While frying, add some soy sauce and season with salt and pepper. Finally, fold the bean sprouts through the vegetables and keep everything warm. Meanwhile, mix the chili sauce with the soy sauce.

4. Bake and glaze the nuggets, serve with veggies and rice

Bake the Garden Gourmet nuggets according to the instructions on the package and toss them through the sauce mixture while hot. Serve the dish by adding rice to a bowl, adding the veggies and nuggets and sprinkling some sesame seeds on top.

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