

TERIYAKI BALLS WITH RICE AND VEGETABLES

INGREDIENTS

1 pack Garden Gourmet Vegetarian meatballs
125 g basmati rice
75 g asparagus
75 g boiled peas
100 g red onion
75 g carrot
40 ml teriyaki sauce
80 ml water
2 tbsp olive oil

 2 SERVINGS

 30 MIN

 EASY

Try this flavorful vegetarian meal, that combines the goodness of plant-base Garden Gourmet Vegetarian Balls with the irresistible taste of teriyaki sauce. Served alongside hot steamed rice and sautéed vegetables, this dish offers a complete and balanced meal

PREPARATION

1. Cut the vegetables

Cook rice according to instructions on the package and drain. At the same time, chop asparagus, cut carrot and onions into long thin strips.

2. Cook vegetarian balls

Prepare the balls according to the instructions on the package. During the last 2 minutes of cooking add the teriyaki sauce and water and cook until the sauce is reduced and set aside.

3. Fry the vegetables

Sauté the asparagus in a frying pan over medium heat with olive oil for about 2 minutes. After add carrot and cook for a further 2 minutes. Finally, add the red onion and cook for a last minute.

4. Serve and savor the flavor!

Serve the teriyaki balls with the sautéed vegetables, peas and basmati rice.

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