

# TERIYAKI BALLS WITH RICE AND VEGETABLES

#### **INGREDIENTS**

₩¶ 2 SERVINGS

**(**) 30 MIN



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

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 an 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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