

Vegan food made *wickedly tasty* in the

DEVIL'S KITCHEN *Recipe*

Indian Vegan Malai Kofta Plant Balls 19g

MAKES 10 PORTIONS

For the sauce:

- 3 red onions, finely chopped
- 24 small/baby plum tomatoes, chopped
- 3 cloves of garlic, finely chopped
- 2 tablespoons of fresh ginger, finely chopped, or 3 teaspoons of powered ginger
- 3 teaspoons of ground cumin
- 3 tablespoons of ground coriander
- 1 and a half teaspoons of chilli powder
- 4 tablespoons of lemon juice
- 1 litre of coconut milk
- 2 tablespoons of fresh coriander leaves, chopped
- Pinch of salt to season

For the dish:

- 40 to 50 Devil's Kitchen Plant Balls 19g
- 1 kilo of green beans, chopped into bitesize pieces
- 1 large cauliflower, chopped into bitesize pieces
- 1 kilo basmati rice



To make:

Gently fry the onions in some olive oil, or rapeseed oil for a couple of minutes.

Add the spices and garlic, and continue to gently fry for another minute.

Add the chopped tomatoes, and continue to cook until the tomatoes have softened.

Finally add the coconut milk and lemon juice, and leave to simmer for five minutes.

Place the vegan plant balls on a lightly oiled tray and oven bake for 12 to 14 minutes at 170 C in fan oven.

Place the chopped vegetables onto an oiled tray and oven bake at the same time as the plant balls.

Meanwhile, boil enough basmati rice for the ten portions.

Add the cooked balls to the sauce, stir to fully coat them. To make up the grab and go pot, place a portion of the boiled basmati rice, place a handful of the roasted vegetables on top, followed by four or five vegan balls, and a generous spoonful of the sauce. Garnish with the fresh chopped coriander.



For more information, or to request a sample of our **Plant Balls 19g**, please email us at info@thedevilskitchen.co.uk or call on **01453 790 290**