



HARVEST GOURMET PLANT BASED MEATBALLS

INGREDIENTS

- 1/2 Packet Harvest Gourmet Stir Fry Mince
- 1 Unit Firm Tofu
- 2 Grams Dried Fa Cai
- 2 Teaspoons Mushroom Seasoning
- 1 Teaspoon Sugar
- 20 Grams Water Chestnut
- 1 Tablespoon Corn Flour
- 1 Tablespoon potato starch
- 1/4 Cup Cooking Oil
- 8 Bunchs Pak Choy
- 2 Tablespoons Goji Berries
- 1 Cup Water
- 1 1/2 Teaspoon Seasoning
- 1/2 Tablespoon Light Soy Sauce
- 1/2 Teaspoon White Pepper Powder
- 1/2 Teaspoon Sesame Oil
- 2 Tablespoons potato starch



Enjoy the tasty Harvest Gourmet Plant Based Meat Free Prosperity Mince Meatballs that symbolizes youthful immortality with endless meaningful experiences and appreciation for what life has to offer.

PREPARATION

1. To make the prosperity balls

Mix well Harvest Gourmet Stir Fry Mince, firm tofu, soaked fa cai, mushroom seasoning, sugar, and minced water chestnut.

2.

In separate bowl, mix corn flour and potato flour. Shape into balls, lightly coat with flour mixture and pan fried until golden.

3.

To serve, arrange steamed bok choy, pour over sauce and add prosperity ball in middle. Ready to serve.

4.

To make the sauce, simmer water, add seasoning, light soy sauce, white pepper and sesame oil. Mix well. Add potato starch, mix until thicken.

Recipe created by CHEF ROY

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