



Christmas Quorn Meatball Skewers



Ingredients

- Quorn Swedish Balls (10 pcs)
- Chopped Garlic (1 clove)
- Pasta Sauce (200 gm)
- Water (50 ml)
- Oil (1 tbl)
- Salt and Pepper
- Store-bought Breadcrumbs (80 gm)
- Garlic Butter (1 tbl)
- Skewers

Instructions

- Pan fry Quorn Swedish Balls from frozen in shallow oil on medium heat
- Quorn Swedish Balls should be golden brown and this will take about 3 mins on each side. Once done, set aside
- In a pan, add garlic butter, once butter is melted add breadcrumbs and continue to stir till the breadcrumbs are golden brown, and set aside
- In a pan, add a touch of oil and fry chopped garlic on low heat
- Add in water, tomato pasta sauce, salt and pepper
- Add in Quorn Swedish Balls and simmer for about 8 mins
- Once sauce is thickened, set aside
- Skewer the Quorn Swedish Balls with the sauce and sprinkle the breadcrumbs

