



Vegan Meatballs served with Mashed Potatoes

Prep:	10 mins
Cook:	Meatballs: as per instructions Gravy: approximately 20 minutes
Total:	45 mins approx
Servings:	6 children

Ingredients

- 12 vegan meatballs of your choice
- 1 tbsp vegetable oil
- 1 onion, finely chopped onion powder
- 1/2 tsp fresh ginger, minced
- 2 garlic cloves, minced
- 3 tsp mild curry powder
- 2 tbsp tomato paste
- 80 ml coconut milk
- 360 ml vegetable stock
- 1 tsp sugar
- salt and pepper to taste
- 1 tbsp cornflour arch
- Fresh parsley to garnish

Instructions

1. Cook the meatballs as per packet instructions
2. To make the gravy, add the oil to a pan and saute the onions, garlic and ginger until translucent
3. Add the curry powder to the pan and gently cook until you have a nice aromatic paste
4. Add the tomato paste and coconut milk to the pan and thoroughly combine
5. Slowly add the vegetable stock, constantly stirring until combined
6. Bring the sauce to a boil and simmer for about 10 minutes
7. Make the cornflour up with a little water and add to the pan, stirring to combine and thicken the sauce
8. Pour the gravy over the meat-free balls and serve with either mashed potatoes, pasta, or rice!