



# Crispy, Sticky, Yummy BOLA - BOLA

cooking time: 25min

Naturally CHOLESTEROL FREE

serves  
2-4



## Ingredients

- 1 box Fry's Chicken-style Chunks
- ½ cup dried Bread crumbs
- ½ tsp No Egg (or any egg replacer)
- 1 tbsp Parsley, finely chopped
- 3 Spring onions
- 1 tbsp Cashew nuts, ground and soaked
- 1 tbsp Carrot, finely grated
- ½ tsp fresh Lemon juice
- Ground black pepper

### Off the shelf sticky sauce:

- 1½ cups good BBQ sauce
- ½ cup Sweet chilli sauce
- 1½ cups Chutney
- ½ cup Tomato sauce
- ¼ cup Dark soy sauce
- 2 tbsp vegetable stock powder
- 2 tsp dried Oregano
- 1 tsp crushed Garlic
- ½ cup Boiling water
- Ground black pepper and salt to taste

### Wilted Pakchoi:

- Baby pakchoi
- Peanut oil

### Rice noodles

## Method

Place all ingredients in a food processor and blend until smooth. Transfer mixture into a bowl. Wet hands and begin rolling mixture into balls. Cover the balls and place in the fridge for 1 hour.

Deep fry the balls until brown and crispy (the oil must be deep enough for the balls to be immersed in the oil). Drain and toss with a warm sticky sauce and serve immediately.

### Off the shelf sticky sauce:

Throw all ingredients in a pot and gently simmer for half an hour.

### Wilted Pakchoi:

Use baby pakchoi, wash and trim. Heat a little peanut oil in a small frying pan. Gently heat the pakchoi until just soft.

Cook the rice noodles as instructed on the packaging.

### To Serve

Each portion is served in a small bowl. Place drained noodles in a bowl and top with pakchoi. Add the warm sticky balls, top with sauce and sprinkle with thinly sliced spring onion. Enjoy!

