

ONE BITE

onebitevegan.com

Vegan Magazine

Sept / Oct 2019

TAKING CONTROL
OF YOUR HEALTH
with a Plant Based Diet

Healthy lunch box
AND SNACK
IDEAS FOR KIDS

WIN A COPY of VEGAN COMFORT COOKING * RECIPES

SEASONAL
» Fall Recipes «

MUST EATS IN MALTA - THE VEGAN TREATS YOU DON'T WANT TO MISS

FEELING SPOOKY!
VEGAN HALLOWEEN
RECIPES



JACK O' LANTERN

Butternut Squash Risotto Balls

By Louise-Claire Cayzer

Delicious vegan arancini risotto balls with cute Halloween Jack O'Lantern faces. Perfect for serving up at a Spooktacular Halloween party!

PREP TIME:
40 mins

COOK TIME:
20 mins

TOTAL TIME:
1 hr

INGREDIENTS

1 RECIPE GOLDEN RISOTTO

FOR THE FILLING:

- 1 roasted Butternut Squash
- 3 Tbs Miso
- 2 Tbs Nutritional Yeast

FOR THE COATING:

- ½ - 1 cup breadcrumbs or more
- 3 tbs ground linseed (flaxseed)
- ⅓ cup warm water or more if needed

FOR THE FACES:

- 16-20 Un-stoned Kalamata Olives
- 10- 20 black olives

INSTRUCTIONS

1. Make the risotto & butternut squash up as per the instructions (see the link and last post) and leave to cool a bit.
2. Mix together the filling ingredients, adding a little extra miso or nutritional yeast to taste.

TO CREATE & COAT THE RISOTTO BALLS:

1. Mix the ground flax and water in a shallow dish to form a gel.
2. Put the breadcrumbs onto a dish ready to roll the balls in.
3. In the palm of your hand, get a golf sized ball of risotto and hollow out.
4. Add in a teaspoon of the filling & cover over with some more risotto. Squish to cover the filling and roll a bit to create a ball.
5. Roll the ball into the flax mixture, then roll to cover in breadcrumbs.
6. Repeat with all the mix until you get between 16-20 risotto balls. How many you get depends on if you sneakily ate some risotto when you were making it & how big the balls are!

TO DECORATE:

1. Carefully cut the black olives into triangular pieces and 'teeth' pieces.
2. Create faces by carefully poking the olives pieces into the risotto balls and topping with a 'stem' olive.
3. Once decorated, pop onto an oven proof tray and either refrigerate until the party pop into the oven.

TO COOK:

1. Preheat the oven to 200C/ Gas Mark 6
2. Bake for around 20 mins until the risotto balls are crispy.
3. Serve immediately with napkins to catch any dropped bits!



Louise-Claire Cayzer

Louise-Claire is a vegan blogger at theveganlarder.com. She loves to cook and helping others get started with their vegan journey! She aims to cook in an "easy-going, vegetable focused" way that anyone can enjoy and do themselves.

Visit their website: theveganlarder.com

Facebook Twitter Instagram Pinterest