



# Vegan Greek meatball soup – Yuvarlakia

40'  
Hands on

10'  
Cook Time

4-6  
Portion(s)

2  
Difficulty



## Method

For the vegan meatballs

- Place a [frying pan](#) over high heat and add the olive oil.
- Finely [chop](#) the onion, the garlic, and add them to the pan.
- Finely chop the stems of the dill and add them to the pan. Add the thyme, salt, pepper, and sauté for 2-3 minutes. Set the rest of the dill aside.
- In a food processor, add the mushrooms in batches and process until they are very finely chopped. Transfer to the pan and sauté for 15-20 minutes until they release their whole moisture and lose their volume.
- Remove and let the mixture cool. At this point, the consistency should be thick like ground meat.
- In a bowl add the mushroom paste, the lime zest, the rest of the dill finely chopped, the bread, the rice, salt, pepper, the flour, and mix very well with your hands.
- Shape into small meatballs and add them into a [pot](#) or a deep frying pan. Press the meatballs well to bind them and prevent them from falling apart during cooking.
- Add the coconut milk, 2 bay leaves, salt, and pepper into the pot, and transfer over low heat. Cover with the lid and boil for 10 minutes.

For the vegan egg-lemon sauce

- In a bowl add the corn starch, the lime juice, and mix.
- Add the mixture to the meatballs and stir for 1 minute until the sauce thickens. Ideally, shake the pot and do not mix with a ladle.
- If you want your sauce to be thicker, then dilute 1 more teaspoon of corn starch into 30 g water, and add it to the pot.
- Serve with chili flakes, dill, lime slices, and olive oil.

## Ingredients

For the vegan meatballs

- 1 onion
- 1 clove(s) of garlic
- 3-4 tablespoon(s) olive oil
- 1/4 bunch dill
- 1 tablespoon(s) thyme
- salt
- pepper
- 500 g champignon mushrooms
- lime zest, of 2 limes
- 50 g breadcrumbs
- 200 g parboiled rice, boiled
- 1 heaping tablespoon(s) all-purpose flour
- 800 g coconut milk
- 2 bay leaves

For the vegan egg-lemon sauce

- 1 heaping teaspoon(s) corn starch
- lime juice, of 2 limes

To serve

- chili flakes
- dill
- lime(s), slices
- olive oil

## Διατροφικός πίνακας

Nutrition information per portion

166 Calories (kcal)	3.7 Total Fat (g)	1.4 Saturated Fat (g)	27.0 Total Carbs (g)
8%	5%	7%	10%
4.9 Sugars (g)	4.8 Protein (g)	2.1 Fibre (g)	0.71 Sodium (g)
5%	10%	8%	12%