

Sweet & Sour Rebellyous Nuggets

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF DAVID SQUILLANTE

Servings: 3 Serving Size: 4 each

Ingredients	Quantity	Measure
Rebellyous nuggets	8	each
Rice wine vinegar	½	cup
Mirin	½	cup
Sesame seed oil	½	cup
Garlic, minced	1	tablespoon
Ginger, minced	1	teaspoon
Cornstarch	1	tablespoon
Scallions, thinly sliced on the bias	½	cup

Preparation

1. Combine rice vinegar, mirin, sesame oil, garlic, ginger & cornstarch. Bring to a simmer to activate cornstarch and thicken the sauce.
2. On a parchment lined sheet pan bake nuggets 8-10 minutes until golden brown.
3. Toss nuggets with sauce and garnish with scallions.

Nutrition Information *From USDA Nutrient Database

Calories: 620 Total Fat: 45g Saturated Fat: 6g Trans Fat: 0g Cholesterol: 0mg Sodium: 170mg Carbohydrate: 47g Fiber: 2g Sugar: 19g Protein: 7g

