

Less than 1 hour

Makes 4

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Ingredients:

Skewers:

- 1 box (240g) Fry's rice protein & chia nuggets

Dipping sauce:

- 3 Tbsp (45ml) aquafaba (liquid drained from a can of chickpeas)
- 1 Tbsp (15ml) apple cider vinegar
- 1 tsp (5ml) Dijon mustard
- 1 cup (250ml) avocado oil
- Salt
- 1 avocado, peeled, pitted and roughly chopped

For serving:

- 1 red or yellow pepper (or both)
- A few slices vegan cheese
- 1 (250g) punnet baby tomatoes, quartered
- 1 carrot, peeled and sliced into rounds
- 4-6 blueberries, sliced

Method:

1. Preheat oven to 180°C.
2. Place Fry's rice protein & chia nuggets onto a baking tray and bake for 15-30 minutes or until cooked through.
3. Blitz aquafaba, apple cider vinegar and mustard in a blender or with a stick blender.
4. Add oil in three parts, blitzing to emulsify after each addition. Season.
5. Add avo to aquafaba mixture and blitz until smooth. Set aside.
6. Cut triangular rocket tops out of red or yellow peppers.
7. Cut out a moon, stars and planets out of vegan cheese slices using a cookie cutter.
(Also, use a small cookie cutter or the back of a piping nozzle to cut small circles for your rocket decor).

8. Carefully thread 1 rocket top onto a skewer. Then thread 4 nuggets onto the skewer to form the body of the rocket.
9. Repeat with remaining nuggets until you have 4 skewers.
10. Place skewers onto a serving plate or platter and arrange tomatoes and carrots at the tail end of each skewer to make it look as though fire is coming out of the rockets.
11. Decorate rockets with remaining cheese rounds and blueberries.
12. Arrange moon, stars and planet cut-outs around rockets to create a celestial scene and serve with avocado dipping sauce on the side.