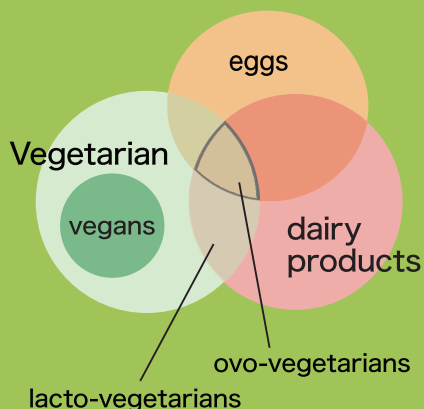




What is a Vegetarian?

A vegetarian is someone who avoids animal-based foods in their diet. There are different types, such as lacto-vegetarians who consume dairy products and ovo-vegetarians who eat eggs.

Among them, vegans follow a strict plant-based diet and do not consume meat, fish, eggs, dairy products, or honey. They also avoid animal-derived materials in clothing and everyday products. Being a vegetarian refers to diet, whereas being a vegan represents an entire lifestyle.



Recipe developed by: Yuki Ohki (Gyoza no Ippo)

Recipe

Vegetarian Meatballs



point

Enjoy different sauses at each restaurant.

※For a vegan-friendly option, choose a filling without eggs!



Ingredient

All ingredients are produced in Miyagi Prefecture.

Soy Meat	1000g	Oyster Sauce※1	100g
Sake Lees	100g	Soy Sauce※2	50g
Onion	500g	Black Pepper	15g
Garlic	120g	Nutmeg	13g
Ginger	50g	Wheat Flour	50g

※1 Using Wan Ja Shan Vegan Oyster Sauce

※2 Using Kikkoman Halal Soy Sauce