



COOKING WITH SAFTA

CATEGORY

Main Dish

MEAT BALLS

INGREDIENTS

500 gr. Ground chicken or Ground lean meat
1 onion
Parsley
2 eggs
Breadcrumbs
Grated cheese
Lemon

SAFTA'S SECRETS

Make sure the chicken or meat patties are not packed or they will be too dry.

Bon Appetit



PREPARATION:

In a mixing bowl, place the ground meat or ground chicken. Add the chopped onions, minced parsley, eggs, breadcrumbs, salt and pepper and grated cheese. If you are using ground chicken squeeze half a lemon. Mix and with your hands make patties and fry them in a frying pan. **Do not over fry and dry the patties.**

Sauce for chicken and meat patties:

1 cup of chicken stock – or chicken flavour and water, juice from half a lemon, salt and pepper and minced parsley. Bring it to boil and pour over the patties and bake it for 15-20 minutes.