

Broccoli meatballs

Cuisine: **Czech**

Food category: **Vegetarian dishes**



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Company: **Retigo**



Program steps

1	Hot air	0 %	Termination by time	00:08 hh:mm	230 °C	100 %	
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Ingredients - number of portions - 10

Name	Value	Unit
Broccoli	750	g
breadcrumbs	500	g
Edam	100	g
salt	10	g
freshly ground black pepper, ground	1	g
garlic	10	g
5 tbsp vegetable oil	200	ml
Eggs	4	pcs
plain wheat flour	100	g
ground red pepper	10	g

Directions

Divide the broccoli into florets, steam it for about 5 minutes and immediately cool it with a shower so that it remains beautifully green. Chop the cooled broccoli, add grated Edam, whole egg, breadcrumbs, chopped garlic, salt and pepper to taste. Mix the mixture and form meatballs. Wrap the prepared meatballs in breadcrumbs. You just need to add a little red sweet pepper to the breadcrumbs for color. Place the wrapped meatballs on an oiled baking sheet and spray both sides with oil. Fry in a preheated convection oven at 230°C for 8 minutes on hot air mode with the flap open to remove excess moisture.

Nutrition and allergens

Allergens: 1

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, D, E, K

Nutritional value of one portion	Value
Energy	221.2 kJ
Carbohydrate	46.6 g
Fat	0.8 g
Protein	6.3 g
Water	0 g

Recommended accessories



Vision Oil Spray Gun



Vision Bake



Enameled GN
container