

Kefta-style meatballs with fresh herbs and sesame

Cuisine: **Other**
Food category: **Minced meat**




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Company: Retigo


Program steps


Preheating: 225 °C


1


 Hot air


 100 %

 Termination by time

 00:09 hh:mm

 225 °C

 50 %



Ingredients - number of portions - 4		
Name	Value	Unit
ground beef	250	g
Mince pork	250	g
Panko Bread Crumbs	55	g
fresh mint	30	g
Coriander leaves, finely chopped	15	g
Cumin powder	4.5	g
garlic cloves, finely chopped	2	pcs
strong tahini	30	g
olive oil	13	g
chicken eggs	1	pcs

Tahini Sauce		
Name	Value	Unit
strong tahini	110	g
water	80	ml
lemon juice	1	pcs
garlic cloves, finely chopped	1	pcs
salt	4.5	g

Nutrition and allergens

Allergens: 3

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

Vitamins: A, B, C, D, E, K, Kyselina listová

Directions

Preheat oven to 225°C

Prepare the filling: In a large bowl, beat the egg. Add the cumin, panko breadcrumbs, tahini, salt, and olive oil. Mix together.

Add the garlic and herbs: Finely grate the 2 garlic cloves and stir them in. Finely chop the fresh herbs and add them to the mixture.

Add the meat: Add the minced meat and mix well until smooth.

Shape the meatballs: Lightly oil your hands. Take about 2 tablespoons of mixture per ball and roll them between your palms.

Cook: Place the meatballs on a baking sheet lined with parchment paper. Bake for 9 minutes, until golden brown.

Prepare the sauce: Grate the garlic and mix all the sauce ingredients. Add water little by little if the texture is too thick.

Nutritional value of one portion	Value
Energy	399.1 kJ
Carbohydrate	0.8 g
Fat	34.7 g
Protein	19.1 g
Water	0 g