

Baked Kefta

Cuisine: **Turkish**

Food category: **Minced meat**



Author: **Chloé Lasseron**

Company: **Retigo**

Program steps

Preheating: **200 °C**

1 Hot air 100 % Termination by time 00:25 hh:mm 190 °C + 100 %

Ingredients - number of portions - 7

Name	Value	Unit
ground meat mix	800	g
onion	1	pcs
fresh mint	1	pcs
parsley	1	pcs
chicken eggs	1	pcs
1 1/2 Teaspoons Cumin powder	1	pcs
salt	5	g
freshly ground black pepper, ground	5	g
ground smoked paprika	5	g

Nutrition and allergens

Allergens: 3

Minerals: , 03 mg, 57 mg, Ca, Calcium, Calcium: 138 mg, Co, Cr, Cu, F, Fe, I, Iron, Iron: 1, K, Magnesium, Magnesium: 50 mg, Manganese, Mg, Mn, Na, P, Phosphorus, Phosphorus: 58 mg, Potassium, Potassium: 556 mg, Se, Sodium: 3 mg, Zinc, Zinc: 0, Zn
 Vitamins: , 09 mg, 1 mg, 16 mg, 53 mg, A, B, B6, C, D, E, Folate, Folate: 152 mcg, K, Kyselina listová, Niacin: 0, Riboflavin: 0, Thiamin: 0, Vitamin A: 842 IU, Vitamin B6, Vitamin B6: 0, Vitamin C, Vitamin C: 133 mg, Vitamin E, Vitamin K: 1640 mcg

Nutritional value of one portion	Value
Energy	289.8 kJ
Carbohydrate	3 g
Fat	20.7 g
Protein	24.2 g
Water	0 g

Directions

Chop the parsley and mint very finely.

Grate the onion on a fine grater and squeeze it in a cloth to remove the excess liquid.

In a large mixing bowl, place the ground meat, the squeezed onion, the chopped herbs, and all the spices. First mix with a spoon, then knead vigorously with your hands for 3 to 4 minutes. The mixture should become compact and homogeneous.

Form sausages.

Brush the kefta with olive oil and bake them.