

American meatballs

Description



Yield
4 servings



Scheduling
Preparation: 35–45 minutes



Nutritional values (100 g or 100 ml)
energy: 1'144 kJ/273 kcal;
fat: 17 g, of which saturated 5,5 g;
carbohydrates: 17 g, of which sugars 0.2 g;
protein: 13 g; salt 1.2 g

Recipe

Ingredients (909 g)

30 g	breadcrumbs
40 g	milk
80 g	onions
10 g	chili peppers
400 g	ground meat (50% beef, 50% pork)
78 g	coconut, grated
15 g	parsley, fresh
15 g	tomato purée Tomatessa, double concentrated
30 g	peanut oil
10 g	table salt
1 g	pepper, black
200 g	brown sauce

Production

1

Preparation

Put the breadcrumbs and milk in a bowl, mix together and set aside.

Finely chop the onions. Wash the chili peppers, remove the seeds and finely dice.

Place the ground meat in a bowl and add the breadcrumbs, onions, chili, 3/4 of the grated coconut, parsley and tomato purée. Season with salt and pepper.

Knead everything well and form 12 meatballs. Roll them in the remaining coconut flakes.

Heat the oil in a frying pan and fry the meatballs until golden brown.

2

Serving

Serve on hot plates with the sauce. This dish goes very well with fresh mashed potatoes.