

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, Wheat
Minerals: Ca, Calcium, Co, Cr, Cu, F, Fe, I, Iron, K, Magnesium, Manganese, Mg, Mn, Na, P, Phosphorus, Potassium, Se, Sodium, Zinc, Zn
Vitamins: A, B, C, D, E, K, Kyselina listová, Vitamin A, Vitamin B1 (Thiamine), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B6 (Pyridoxine), Vitamin C, Vitamin E, Vitamin K

Directions

Preheat the oven to 225 °C

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

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

Incorporate the meat: Add the ground meat and mix well until obtaining a homogeneous preparation.

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

Cooking: Place the meatballs on a baking sheet lined with parchment paper. Bake for 9 minutes, until they are nicely browned.

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

Nutritional value of one portion	Value
Energy	609.1 kJ
Carbohydrate	11.6 g
Fat	48 g
Protein	30.4 g
Water	38.7 g