



COOK WITH US!

# Sapori dell'Orto - Veggie Mix with veal meatballs and herbs

You can delight your customers with dishes that are quick to prepare and taste great: mason jar cooking together with Orogel fresh frozen vegetables guarantee success! Such as this mason jar meal with Sapori dell'Orto - Veggie Mix and appetizing meatballs with herbs.

## INGREDIENTS

150 g Orogel Sapori dell'Orto - Veggie Mix

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80 g minced veal meat

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1 small egg

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1 tablespoon of grated Parmigiano

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1 slice of stale bread

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breadcrumbs

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half glass of milk

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herbs to taste: thyme, parsley, marjoram, oregano, chives

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salt and pepper

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extra virgin olive oil

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20



1



Easy



Main Courses



Microwave

#### Method

1

Dunk bread into milk.

2

Put the minced meat in a mixing bowl and mix it with the egg, the Parmigiano and the bread after squeezing and crumbling it up. Add salt and pepper to taste. If the meatballs are too soft, add some breadcrumbs.

3

Roll the mince mixture into about hazelnut-size meatballs.

4

Add a pinch of salt to the vegetables, season generously with chopped herbs and drizzle with a little olive oil.

5

Put the vegetables and the meatballs into the jar alternately. Put the lid on and microwave for 4 minutes at 750 Watts.



