

Minced veal meat balls with pine nuts

Preparation :
20 minutes

Cooking time :
10 minutes

Difficulty :
Easy



 **SERVES 6**

INGREDIENTS



- 1 kg of minced veal
- 150 g of pine kernels
- 2 onions
- 2 cloves of garlic
- 1 dessert spoon of tomato puree
- 2 eggs
- 1 handful of basil
- 1 pinch of Cayenne pepper
- 4 dessert spoons of groundnut oil
- 20 cl of vegetable stock
- salt, pepper

PREPARATION

Peel the garlic and the onions. Chop in the blender. Add the veal, eggs, tomato puree, basil leaves along with Cayenne pepper and season.

Blend and then add the pine nuts. Shape into small balls by hand. Heat the oil in a large frying pan and brown the meats balls over a high flame.

Pour on the stock, cover and leave to cook for 10 minutes.

Serve either hot or cold in a salad.



Pine nuts or kernels are found in the pine cones of the Umbrella Pine. They come from China.