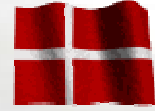


Denmark



Courgette Meatballs.

(for 4 portions)

600 g courgette
2 big boiled potatoes
1 finely chopped onions
3 dl. rye flour
1 egg white
1 dl. skimmed milk
1 teaspoon salt
½ teaspoon pepper

Preparations

1. Shred the courgettes and put in sieve
2. Put salt on and let stand for 10 min.
3. Put in clean teat owl and squeeze out remaining fluid.
4. Blend shredders potatoes, onions, flour, egg white, milk and pepper into mash.
5. Form mash into meatballs the size of golf balls
6. Put meatballs on baking paper in oven.
7. Bake for ½ hour at 200*c

Serve with salad