

Broccoli and Parmesan Balls

30—40 Min

Ingredients 1 Portions

= Kotányi Produkte

150 g	Broccoli florets
1	Organic egg
35 g	Almonds, ground
2 piece	Garlic cloves
1	Cup of olive oil
30 g	Parmesan
1 tbsp.	Herbes de Provence
1 pinch	Himalayan Salt
1 pinch	Pepper Rainbow, Whole

Preparation

1. To make the balls: Use a muffin tin greased with the olive oil. While preparing the ingredients: Preheat the oven to 200°C (3920°F).
2. Wash the broccoli, remove the stalk and cut into small thin pieces. Then chop as finely as possible, as this gives the little balls a smooth consistency.
3. Finely grate the Parmesan and crush the cloves of garlic. Mix the finely chopped broccoli with the almonds, the grated Parmesan and the crushed cloves of garlic thoroughly in a bowl. Whisk the organic egg and mix with the ingredients.
4. Garnish the mixture with 1 tbsp. of Kotányi herbes de Provence mix, a pinch of Kotányi Himalayan Salt and pepper. Mix again thoroughly to get the right flavor.
5. Now shape the mixture into small balls. We recommend pressing them firmly so that they keep their shape.
6. Place the balls in the muffin tin and bake for 20 minutes.