



Broccoli and Parmesan Balls

🕒 30–40 Min   

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 (392°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.

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

