



Meatball filled with scrambled zucchinis

Ingredients:

Minced Meat

200 g.

Sliced onion

¼ unit

Grated carrot

1/4 unit

Herbs de Provence

1 tsp.

Flour

1 tsp.

Egg

1 unit

Bread crumbs

2 tbsp.

Ham

1 slice

Sliced cheese

1 slice

Roquefort

2 tbsp.

Salt y Pepper

to taste

Zucchini

1 unit

Onion

½ unit

Egg

1 unit

Preparation

Mix the minced meat, the grated carrot, and the herbs de Provence, the flour, the egg and bread crumbs and add salt and pepper to taste. Then, knead the preparation for two minutes until the mixture gets homogenous. Split the meat in four equal portions.

As a separate procedure, mix the egg with the bread crumbs, the diced ham and the mashed roquefort. Wrap this preparation

around the slice of cheese and cut up four equal parts of filling.

Give a sphere shape placing part of the filling in the center of each meatball. Pour the preparation in one of the MultiCocción

compartments. Use the other compartment to put the zucchini with the 1cm. chopped onion. Finally, add salt and pepper and cover.

Cook in the microwave at full power for 4 minutes. Once cooked, remove from the microwave, uncover and add the beaten

egg. Add salt and pepper to the zucchini. Stir, cover and place the MultiCocción to the microwave for another minute at full power.

