



1 cinnamon stick

Extra virgin olive oil

Flour

Pepper

Meatballs with fruits and nuts

Ingredients (serves 2)

100 g minced beef

100 g minced pork

25 g dates

25 g dried apricots

25 g pine nuts

150 g meat or chicken stock

1 egg

1 slice of dry bread

Milk

2 onions

2 leeks

2 tomatoes

Method

1. Soak the bread in the milk. Finely chop one of the onions and fry in a saucepan with a drizzle of oil for about fifteen minutes.
2. Put the meat in a bowl and mix with the fried onion, the chopped dates and apricots, the pine nuts, the beaten egg, the soaked bread, and the pepper. Shape into oblong shapes and lightly cover in flour.
3. Cut the onion, leek, and tomato, into wide julienne strips, place on a baking tray, add the meatballs on top.
4. Add a splash of water or stock, a drizzle of olive oil, and a pinch of cinnamon.
5. Bake in the oven at 160°C for twenty-five to thirty minutes. Pay attention to whether it needs more water or stock, so that it does not get too dry. If so, add some more liquid.
6. Once golden brown, remove from the oven, leave to cool, and cut into slices.
7. Serve with the vegetables as garnish.