



Eat and drink, but waste not by excess (Al-A'raf 31)  
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

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## Meatballs with Carrot

Havuçlu Köfte



1.10 pounds ground meat  
1 medium carrot  
1 cup grated kasar cheese  
1 medium onion  
1/2 bunch of parsley  
Crumbs, as much as the mixture gets in  
1 tablespoonful yogurt  
1 tsp black pepper  
1 + 1/2 tsp salt

- # Put finely grated carrot, yogurt, grated onion and ground meat into a mixing bowl.
- # Knead the mixture, until it smoothens. Then add grated kasar cheese in it and add crumbs in it during the kneading. But, the mixture must not stick to your hands.
- # Finally, add finely sliced parsley, salt and black pepper in it. Knead the mixture for about 3-4 minutes.
- # Refrigerate it on the lowest layer of the fridge for 20 minutes. Then make meatballs bigger than normal.
- # Put some vegetable oil into a skillet and make it hot. Then, add the meatballs and fry both sides of the meatballs in golden color.
- # Place the fried meatballs onto paper towel to remove their extra oil.
- # Garnish them and serve hot.

**Note:** Using teflon covered skillet is advised, because the cheese in the meatballs may melt during the frying and stick to the skillet.