



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

Meatballs with Zucchini

Kabaklı Köfte



1.10 pounds ground meat, fatless
2 slices of stale bread
1 big onion
1/2 tsp black pepper
1 tsp salt
1/3 cup flour

For Filling:
1 medium zucchini

For the Sauce:
2 banana peppers
2 big tomatoes
1 tbsp tomato paste
1/2 tsp salt
6 tbsp vegetable oil
1 + 1/2 cups water or broth

- # Grate the onion onto the crumbs, add salt in it and knead the mixture until it turns to homogenous. Add ground meat and black pepper on it and knead this mixture for about 6-7 minutes.
- # Cover the prepared mixture and refrigerate it on the lowest layer of the fridge.
- # At the end of the refrigerating time, pick pieces, each is bigger than walnut size, from the mixture. Firstly, roll them into balls and then force on them between your palms to make them reach saucer size.
- # Put enough grated zucchini onto the middle of the meat pieces. Close the meatballs and roll them. Place them onto flour in the tray and shake the tray to cover the meatballs with flour.
- # Prepare all of the meatballs by this way and refrigerate them. Meanwhile prepare the sauce.
- # Put vegetable oil into a pot and make it hot over medium heat. Then add seeds removed and finely sliced banana peppers in it.
- # When the pepper pieces turn into yellow, add peeled and finely chopped tomato in it. Cook the mixture until the tomato pieces loose their shape. Finally, add salt and 1 + 1/2 cups water or broth in it, make the mixture reach to boiling temperature.
- # Ad the meatballs into the boiling mixture respectively. Cover the lid of the pot and cook the meal over medium heat for about 17-20 minutes.
- # Serve it hot.

Note: The meatballs must be added into the sauce, which is reached to the boiling temperature, definitely.