



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

## Meatballs with Spinach

Ispanaklı Köfte



1.10 pounds ground calf meat, fatless  
1 cup crumbs  
1 tbsp coconut  
1 medium onion  
2 garlic cloves  
1 egg white  
1 tsp sweet red pepper  
1 tsp black pepper  
1 + 1/2 tsp salt

For Filling:  
1/2 bunch spinach  
1 yolk  
1 tbsp grated kasar cheese  
1/2 tsp black pepper  
1/2 tsp salt

For Frying:  
1 cup vegetable oil

# Wash the spinach, slice the leaves with their stems finely. Put these pieces into a small pot. Cover the lid of the pot and cook it over very low heat for half hour without oil addition.

# Meanwhile, put ground meat, grated onion, crushed garlic, egg white, crumbs, coconut, red pepper powder, black pepper and salt into a mixing bowl and knead this mixture for 10 minutes. Then, refrigerate it on the lowest layer of the fridge for half an hour.

# Squeeze the cooked spinach pieces. Add grated kasar cheese, yolk, salt and black pepper on it and mix. Divide this mixture into 8 equal pieces. Roll each of the pieces between your palms into balls.

# Remove the refrigerated meatballs' mixture from the fridge and divide it into 8 equal pieces. Wet your hands and roll each of the pieces into saucer size by your fingertips.

# Put ball shaped spinach mixture onto the middle of the rolled out meatball pieces. Cover the meatball over the spinach mixture, close it and force on it a little to shape as patty.

# Put vegetable oil into a skillet and make it hot over medium heat, then fry both sides of the patties. Serve them hot.

**Note:** For increasing the taste of the meatballs 1 tbsp mustard into the mixture of meatball.