



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

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## Carrot Balls

Havu Kftesi



4 medium size carrots  
2 medium size potatoes  
2 green onions  
1 cup grated feta cheese  
5 tbsp flour  
10 – 15 stems of parsley  
1 tsp crushed red pepper  
1 tsp salt

For Frying:  
1 + 1/2 cups vegetable oil

- # Peel the carrots and potatoes, steam them or boil with very little water.
- # Then place it into a deep mixing bowl by a fork or a beater.
- # Add flour, grated feta cheese, salt, crushed red pepper, finely sliced parsley and green onion on it.
- # Stir the mixture well. Meanwhile, make the oil hot in a skillet.
- # Pick walnut sized pieces from the mixture by a wet spoon and place these pieces into the hot oil. Then, place the fried balls onto paper towel, and then place them onto the service plate in order to serve.

**Note:** For increasing the taste of the Carrot Balls, cumin and crushed garlic may be added into the mixture.