



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

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## Baked Chicken Meatballs

Fırında Tavuk Köftesi



2 chicken breasts, ground  
1 egg  
2 slices of stale bread  
1/2 tsp cumin  
1/2 tsp black pepper  
2 tsp salt  
1 onion, grated

For Garniture;  
2 onions  
3 tomatoes  
5 long green peppers  
3 potatoes  
1/3 cup vegetable oil  
2 cups water

- # Add the grated onion, cumin, crumbs, black pepper and salt into the ground chicken, and knead the mixture for 10 minutes. Refrigerate it for 30 minutes.
- # At the end of the time, pick walnut sized pieces from the dough and make finger shaped meatballs.
- # Slice the onions into half circles, and lay on the medium sized oven tray.
- # Place the shaped meatballs on the onion slices, and place the slits and tomatoes which are sliced to half circles, between the meatballs.
- # Sprinkle the peppers which are cut into a few pieces all over.
- # Pour the water and the oil all over.
- # Bake in 374 F oven for about 35-40 minutes.
- # Serve hot.

**Note:** You can dissolve 2 tbsp tomato paste in 1 cup water and pour all over the meatballs, in that case it is enough to add 1 cup water.