

FRIKKADELS

INGREDIENTS

½ kg. Steak mince
1 tsp. Green chillies
½ tsp. Tumeric powder
1 tsp. Steak & chops spice
1 tsp. BBQ spice
salt to taste
½ tsp. Baking powder
1 slice Brown bread (grated)
1 tsp. Ginger/garlic
¼ tsp. nutmeg
2 tbls. Lemon juice
1 grated onion
½ dhania

METHOD

Mix all ingredients together, shape into frikkedals and bake in oven with little oil.

Serve with potato salad.