

SWEDEN NATIONAL DISH

MEAT BOALS





INGREDIENTS

- 300 g minced pork
- ½ medium onions
- Bunch of greens
- 1 chicken egg
- Salt and pepper – to taste
- 1 teaspoonfull of cream

I.

- Cut brinch of greens , onions
- Break egg
- Mix ingrediens











2.

- Blind boals
- Fry 40 min





ENJOY YOUR MEAL!

