

# Fish meatballs

Cuisine: Czech  
Food category: Fish



Author: Jan Malachovský  
Company: Retigo



## Program steps

1

Hot air

0 %

Termination by time

00:08 hh:mm

180 °C

100 %

## Ingredients - number of portions - 10

Name	Value	Unit
dark cod fillet	700	g
potatoes	700	g
onion	100	g
sprig of parsley	50	g
garlic	1	pcs
salt	10	g
chicken eggs	1	pcs
breadcrumbs	100	g

## Nutrition and allergens

Allergens: 1, 3, 4 Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, C, D, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	158.6 kJ
Carbohydrate	22.4 g
Fat	0.9 g
Protein	14.6 g
Water	0 g

## Directions

Peel the potatoes and cook in steam mode for about 30 minutes, 99°C. Cook the fish (cod or other fillet) in about 15 minutes at 99°C. Then put everything in a food processor, add chopped parsley, onion, two cloves of garlic, salt and mix for 5 minutes. Then we shape the meatballs and wrap them in triple wrap. Fry with fat.