

# Potato Balls

## Ingredients

- 3 medium-sized potatoes
- NOOR Canola Oil
- 2 eggs
- 1 cup breadcrumbs
- Salt and freshly ground black pepper

### For the Stuffing:

- 250g of minced lamb meat
- 1 small onion, finely chopped
- Salt and freshly ground black pepper
- 2 tablespoons of NOOR oil

## Instructions (Up to 20-30 Mins)

- Boil the potatoes until tender.
- Drain the water and mash the potatoes thoroughly.
- Season the mashed potatoes with salt and black pepper. Mix well.

### For the Stuffing:

- Sauté the finely chopped onion in 2 tablespoons of oil until softened.
- Add the minced lamb meat and season with salt and black pepper.
- Cook until the meat is browned and cooked through.
- Divide the mashed potato into equal portions.
- Flatten each portion into a disc.
- Place a spoonful of the lamb stuffing in the center of each potato disc.

- Shape the potato around the stuffing to form a ball.
- Dip each potato ball in beaten egg, then coat with breadcrumbs.
- Fry the coated potato balls in hot oil until golden brown.

## Nutritional Values

- **Calories: 300-400 kcal**
- **Protein: 15-20g**
- **Fat: 15-25g**
- **Carbohydrates: 30-40g**

Nutritional values are estimates and can vary significantly depending on factors such as ingredient brands, portion sizes, and cooking methods.