

Meatball in Squash Blossom



🍴 For 8 meatballs

Ingredients

170 g minced meat
2 tablespoons breadcrumbs
3-4 mint leaves
1 piece of onion
1 egg
salt
8 squash blossoms
flour and oil for frying

Method

Put the minced meat in a bowl, add egg, bread crumbs, chopped onion, chopped mint leaves and salt. Stir the mixture with your hands and shape the meatballs around wood skewers. Cook the meatballs slowly on the plate and brush occasionally with oil.

Meanwhile, clean the squash flowers (I removed the pistil and I clean them with a cloth, but not washed), dip in flour and then one at a time in hot oil until they become almost transparent, so that the leaves remain well open, then to drain on paper towels. Assemble the dish inserting one at a time, in the opposite side of the meatball, a fried squash blossom, serve hot.