

Individual Minced Meat Rolls

The brilliant trick that will change the way you cook minced meat!

Ingredients:

Meat Mix:

1. Vegetable oil – 30 ml (1 fl oz)
2. Minced meat – 700 g (25 oz)
3. Egg – 1 large
4. Seasoned breadcrumbs – 100 g (3.5 oz)
5. Fresh parsley (chopped) – 20 g (0.7 oz)
6. Garlic – 4 cloves, minced
7. Parmesan cheese (grated) – 100 g (3.5 oz)
8. Salt – 4 g (0.1 oz)
9. Tomato sauce – 70 g (2.5 oz)
10. Shredded cheddar cheese – to taste

Sauce:

1. Vegetable oil – 30 ml (1 fl oz)
2. Garlic – 3 cloves, minced
3. Tomato sauce – 100 g (3.5 oz)
4. Mozzarella cheese (shredded) – 70 g (2.5 oz)
5. Spices (oregano, basil, etc.) – to taste

Method:

1. **Prepare the Meat Mixture:**
 - In a large mixing bowl, combine the minced meat, egg, seasoned breadcrumbs, chopped parsley, minced garlic, grated Parmesan, and salt
 - Mix everything together thoroughly until well combined. You can use your hands or a spoon.
2. **Shape the Rolls:**
 - Lay a sheet of parchment paper on a clean surface and lightly oil it with vegetable oil.
 - Transfer the meat mixture onto the parchment paper and cover it with another sheet of parchment. Use a rolling pin to flatten it into an even layer (about 1 cm thick).
 - Once flattened, spread a thin layer of tomato sauce on top.
 - Use a rectangular cutter or a knife to mark 18 squares on the mixture.
3. **Add Cheese and Roll:**
 - Place a small amount of shredded cheddar cheese in the center of each square.
 - Carefully form each square into a roll by folding the edges over the cheese and rolling them up tightly, using the back of a spoon or your hands to help shape them.
4. **Cook the Rolls:**

- Heat 2 tablespoons of avocado oil in a large frying pan over medium heat. Once hot, carefully place the rolls into the pan and cook until browned on all sides. Transfer them to a plate.
 - 5. **Prepare the Sauce:**
 - In the same frying pan, add 1 tablespoon of vegetable oil and sauté the minced garlic for about 1 minute until fragrant.
 - Add the tomato sauce your favorite spices and cook for another 2-3 minutes.
 - Add the shredded mozzarella cheese to the sauce, stirring until it melts and becomes creamy. Season with spices (such as oregano, basil, or Italian seasoning) to taste.
 - 6. **Finish Cooking the Rolls:**
 - Return the browned meat rolls to the pan, spooning some of the sauce over them.
 - Cover and simmer for 15-20 minutes, allowing the rolls to cook through and absorb the flavors of the sauce.
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Serving Suggestion:

Serve the meat rolls hot, garnished with fresh parsley, and enjoy with your favorite side dishes like mashed potatoes or a green salad.
