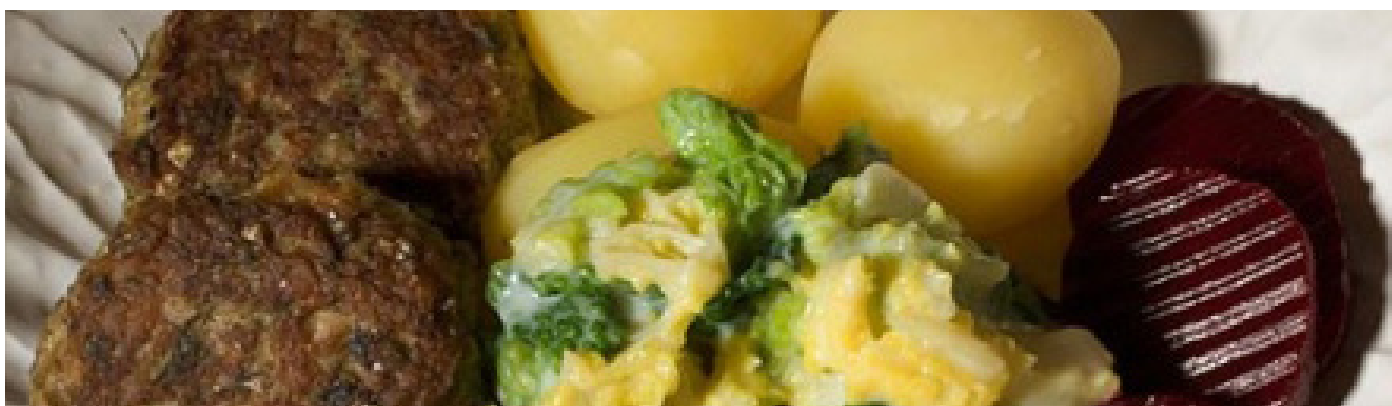


FISH BALLS (HERRING) WITH SAVOY



Time
45min



Servings
10

Calcium Recommended Daily Intake
19.00%

Calories

307

Calcium

193mg

Protein

18g

Vitamin D

8.00 IU

Ingredients

Fish Balls of Herring: (6 pieces)

- 300 g fillet of herring
- 1/2 tsp salt
- 1/2 tsp paprika
- 1 tbsp grated onion
- 1 handful of chopped dill
- 1 egg
- 1 tbsp wholemeal flour
- 1 tsp olive oil for frying

Savoy

- 400 g savoy in small strips
- 2 tbsp wheat flour
- 4 dl milk (0.5% fat)
- 2 tsp margarine
- salt
- grated nutmeg

Accompaniment

- 500g boiled potatoes
- 100g pickled beetroots

Instructions

1. Chop the herring fillets in a food-processor. Mix the herring with the other ingredients. Make into 6 fish balls and fry them in a frying-pan, 6-8 minutes on each side.
2. Boil the savoy in salted water for about 12 minutes. Drain off the water.
3. Whisk the flour and milk in a cooking pot and add the margarine.
4. Bring it to boil while stirring and cook the sauce for about 5 min. Add the savoy and heat it. Add salt and nutmeg.