



## Harraways-Meatballs

1kg beef mince  
3 cups Harraways Rolled Oats  
1-2 cups finely chopped onions  
3 eggs  
¼ cup milk or water.  
2 teaspoons ground coriander or chopped fresh parsley.

Beat eggs in a large bowl add liquid, salt and pepper to taste and Coriander or any herb of your choice chopped parsley is tasty, mix in chopped onions and stir in beef mince and rolled oats.

Shape mixture into meatballs and place in well oiled pan.  
Bake in oven at 180 C for 20-30 minutes.

Once cooked serve with your favourite tomato sauce, alternatively you can add a tin of chopped tomatoes 10 minutes after placing in the oven. This makes enough meatballs to serve 8 people.  
Cooked meatballs freeze well, and reheat from frozen with ease.

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