



Savoury-Oat-Balls

- 1 cup Harraways Rolled Oats
- 1 tablespoon Flour
- ½ kg Minced Meat (beef or lamb)
- 1-2 Onions (finely chopped)
- 1-2 Cloves Garlic (minced)
- 1teaspoon Salt
- ½ Tablespoon Brown Sugar
- ½ teaspoon Curry Powder
- 1 Tablespoon Coconut (optional)
- ½cup Parsley chopped (opt)
- ½ cup Carrot grated (optional)
- 1 Egg

Mix all together, make into balls. Let stand for 30-60mins. Fry in oil or butter until brown. Serve with vegetables and rice (or potatoes).

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