

Cooking tip

The balls should not be too small so as to prevent young children from choking on them. Do not use kitchen tongs, as the balls could lose their shape. It is a very versatile mixture, and you can make different shapes, such as hamburgers or sticks.

You can decorate them with sesame seeds.

**Nutritional value (per serving)**

Energy value: 257 Kcal.; Protein: 7 g; Carbohydrate: 35 g; Fat: 10 g.

Fish, carrot and rice balls

This is a very well-balanced recipe, since it contains all the food groups. It is rich in proteins, vitamins and minerals.

Ingredients

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| 60 grams of uncooked rice | 40 grams of white fish with no skin or bones |
| 1/4 onion | 2 spoonfuls of olive oil |
| 1 carrot | 3 level tablespoonfuls (15 g) of Blevit Plus Cereals |
| A pinch of dried garlic powder | |

PREPARATION

1. Boil the rice, strain it and set it aside.
2. Chop up the carrot and onion, sauté in the frying pan with the garlic powder and half a spoonful of olive oil. Turn down the heat and cover to ensure that they are cooked properly.
3. Microwave the fish with the other half of the spoonful of olive oil for 40 seconds at full power.
4. Crumble up the fish and mix it in a bowl with the vegetables, rice and **Blevit Plus Cereals** until you obtain a smooth mixture.
5. Roll the mixture into medium-sized balls.
6. Cook them in the frying pan with the remaining spoonful of olive oil until they are golden brown.

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This recipe can be made with different varieties of Blevit cereals.