



## Tomato Burgol & Meatballs

### Ingredients

- 600 g Lamb kofta
- 1 Medium Onion, finely chopped
- 1 tbsp Vegetable Oil
- 3 tbsp Tomato Paste
- 2 cups Coarse Burgul
- 2 cubes Maggi® Chicken Bouillon
- 4 cups water

### Instruction

1. In a nonstick rice-pot sauté prepared meatballs until cooked, remove and set aside.
2. Add Onions to the same pot and sauté until soft. Add Tomato paste, Burgol and cook for another 2 minutes.
3. Add Maggi® Chicken Bouillon cubes and water and stir over medium heat to fully mix through. Return meatballs to the pot, cover and simmer over medium low heat until burgol is fully cooked and tender.

### Nutrition

Carbohydrates	39.06 g
Energy	358.57 kcal
Fats	8.51 g
Protein	32.91 g

🕒 30 Minutes

⊕ 6 Servings