

Königsberger meatballs in caper sauce

Savoury

level 

 1

 40 min



Ingredients

Meatballs

- 20 ml Fresubin 2 kcal DRINK Neutral (2 tablespoons)
- 100 g minced meat (beef-pork)
- 25 g white bread
- 20 g onions, peeled
- 20 g egg
- salt, pepper

Cooking water

salt, bay leaf, juniper berries

Sauce

- 100 ml Fresubin 2 kcal DRINK Neutral
- 4 g wheat flour (1 teaspoon)
- 4 g margarine (1 teaspoon)
- 25 g white bread
- 15 g capers (drain tin)
- salt, pepper, pinch of sugar

Nutritional information per serving:

Energy 609 kcal
Protein 36.9 g
Fat 31.9 g
Carbohydrate 43.7 g
Fibre 0.0 g



Alternative products:

Fresubin[®] Energy DRINK

Preparation

Soak white bread in Fresubin 2 kcal DRINK Neutral. Finely dice the onions. Knead the minced meat, the soaked white bread, onions, egg and the above mentioned spices thoroughly and shape into meatballs.

Bring water to the boil with salt, bay leaf and the juniper berries and season. Allow the meatballs to cook (approx. 20 to 25 minutes).

Make a roux from flour and margarine. Top up with Fresubin 2 kcal DRINK Neutral and approx. 50 ml of cooking water under constant stirring.

Season the sauce, add the capers at the end and serve together with the meatballs.

TIP:

We recommend boiled potatoes and a green salad as side dish.