

BAKED STUFFED ONIONS

INGREDIENTS :

WHITE ONIONS

MINCED MEAT

GRATED PARMIGIANO CHEESE

ONE BIG EGG

BUTTER

ONE TEASPOON OF EXTRA VIRGIN OLIVE OIL

BLACK GROUND PEPPER

INSTRUCTIONS :

In boiling water , boil the peeled and washed onions, until half the cooking.

In the meanwhile , fry the meat in a pan with butter and oil .

Take out some inner layers of each onion to make some space and add them to the meat.

Add the egg , the cheese , the pepper and the salt to the meat.

The filling should be well mixed and soft.

Stuff every onion with the filling and add a butter flake on top.

Put all the onions in an oven pan and cook in preheated oven at 180 °C for about 40 minutes

Have a look sometimes to make sure the onions are colouring without burning , in case low the temperature to 160 °C to finish the cooking.



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