

# KAAS GEVULDE MAALVLEIS HAPPIES MET 'N SPEK ROKKIE



*By Food lovers recipes*

## KAAS GEVULDE MAALVLEIS HAPPIES MET 'N SPEK ROKKIE

200 g cheddar kaas (in 3 cm lange stafies gesny van omtrent 1 cm dik)

1 pakkie skouer spek

500 g maalvleis

1 medium ui, fyn gerasper

2 snytjies witbrood, verkrummel

1 eier, geklits

1 wortel, opsioneel

speserye en sout, na smaak

tandestokkies

Meng al die bestanddele behalwe die kaas en spek in 'n mengbak tot goed gemeng. Smeer 'n oondbak liggies met olie. Rol omtrent 'n opgehoopte eetlepel vol maalvleis in 'n balletjie en druk plat, plaas 'n stafie kaas binne in die maalvleis en vou toe. Plaas dit in 'n velletjie bacon en steek vas met 'n tandestokkie. Herhaal proses en plaas in oondbak. Bak by 180°C of tot mooi bruin en gaar. Geniet saam gebakte aartappels en 'n lekker slaai.

Foto en resep: Mickayla Swart

CHEESE FILLED MEATBALLS WITH A BACON DRESS:

200 g Cheddar cheese (cut in pieces of 1 cm thick and 3 cm long)  
500 g shoulder bacon  
tooth picks for sticking the bacon wrapping.  
1 medium sized onion, grated  
1 egg, beaten  
2 sliced white bread, made into crumbs  
1 carrot, grated and optional  
500 g beef mince  
salt and spices to taste

Mix mince, breadcrumbs, egg, carrot and spices until properly mixed. Take a heaped tablespoon full and roll in a ball, press flat. Put a piece of cheese in the middle and fold it close again, making sure the cheese is totally covered. Roll into a slice of bacon and secure with a toothpick. Put in a greased oven tray and repeat process with the rest of the mince. Bake for 20-30 minutes or well done. Serve with baked potatoes and a fresh salad.