

HANDOUT 7, page 1/3



GROUP 1

Chicken Meat Roll

Kana hakkliharull

Ingredients:

- Ground chicken
- Onion
- Garlic
- Fresh herbs (parsley, thyme)
- Salt and pepper
- Cheese (optional)
- Breadcrumbs or egg to bind

Instructions:

- Season the chicken with the ingredients listed above.
- You can optionally add cheese inside the roll for extra flavor.
- Roll the chicken mixture into a cylindrical shape, ensuring the filling stays inside.
- Cook and serve with a side of vegetables or mashed potatoes.

HANDOUT 7, page 2/3



GROUP 2

Pork Meat Roll

Sealiha hakkliharull

Ingredients:

- Ground pork
- Fresh spinach
- Feta cheese
- Sun-dried tomatoes
- Black pepper and salt
- Olive oil

Instructions:

- Season the pork and add the fresh spinach and crumbled feta cheese as the filling.
- Optionally, include some chopped sun-dried tomatoes for extra flavor.
- Shape the mixture into a roll and ensure it holds together.
- You may want to cook it in olive oil to get a golden crust.
- Pair with a fresh salad or roasted potatoes.

HANDOUT 7, page 3/3



GROUP 3

Beef Meat Roll

Veiseliha hakkliharull

Ingredients:

- Ground beef
- Chopped mushrooms (optional)
- Dijon mustard
- Fresh herbs (rosemary, sage)
- Onion
- Salt and black pepper

Instructions:

- Mix the ground beef with Dijon mustard, herbs, and finely chopped onions.
- You can add chopped mushrooms to the filling for extra taste and moisture.
- Roll the beef mixture into a tight roll.
- Cook in a pan or oven, making sure the roll is cooked through but still juicy.
- Serve with mashed potatoes or steamed veggies.