

Bioflavia Lamb Risoles

You will need the following:

1. Minced Lamb
2. Eggs
3. Shallot Finely Diced
4. **Bioflavia** Powder
5. Sea Salt and Black Pepper
6. Fresh Parsley (Chopped)
7. Fresh Mint (Chopped)
8. Mustard and a splash of low sodium Soya sauce

There are no quantities as they change depending on how much I am making and how moist the lamb is. I will put in a lot of mint, you can add as you are mixing and smell it to judge, one egg is good for approx. one pound of meat. I add enough powder to bind the meat but not so much to make it dry. Common sense is your guide with this favourite.

Put all the ingredients in a bowl. I prefer to mix by hand.
Form into small 2oz. patties.

To cook, heat skillet, with a drop of oil, brown and flip, finish in 350 degree oven for 12 to 15 minutes.

Server them with a salad, or as part of a mixed grill.