



# Meet Roll with Vegetables

NIBBLEDISH CONTRIBUTOR

## Ingredients

1. 500gr. ground veal meet
2. 60 gr. grated Parmesan cheese
3. 300 gr. green beans boiled and well drained
4. 4 carrots, boiled and well drained
5. 1 egg
6. dry oregano
7. fresh parsley coarsely chopped
8. ground nutmeg,
9. olive oil
10. salt
11. ground black paper

## Instructions

Preheat oven to 400°.

Lay a cooking paper onto the working surface, lightly brush it with olive oil.

In a mixing bowl combine meet, 40 gr. Parmesan cheese, egg, dry oregano, salt, nutmeg, black paper. Work well with oiled hands to combine the all ingredients. Pour out the mixture onto the oiled cooking paper and lay it in a 1/2 inch thin rectangle. Spread the green beans and carrots onto the rectangle. Roll the meet using the end of the paper from the long side and close it with the same paper. Pour into a lightly greased loaf pan and bake about 40 minutes. Cool 5 minutes before serving.