

## Tuna balls with Bruges d'Or



### Ingredienten:

#### For the Balls

- 150 g grated Bruges d'Or
- 400 g fresh tuna fish
- Nazareth butter
- 50 g pine nuts
- Pepper and salt
- 2 branches of leaf parsley
- 2 branches of oregano
- 100 g panko
- 3 eggs
- Juice of 1 lemon
- Zest of 1/2 lemon

#### For the dressing

- 1 thick onion
- 2 shallots
- 2 branches of oregano
- 2 branches of leaf parsley
- 1 can of diced tomatoes (400 g)
- 100 ml red wine vinegar
- 100 g Nazareth butter

### Preparation:

- Swiftly bake the tuna in butter with pepper and salt.
- Roast the pine nuts in butter until turning brown.
- Put the tuna, shredded oregano, shredded parsley, panko, cheese, eggs, lemon juice and zest in a chopper and leave on until a nice mince is achieved. Then add the pine nuts and mix with some pepper and salt.
- Then roll the balls of 3 to 4 cm with wet hands.

- Leave the balls to cool down for 1 hour and then bake in a non-stick pan in butter, until a nice crust forms.
- Cut the onion and shallot and simmer in 50 g butter, and then add the tomato, shredded oregano, shredded parsley and wine vinegar, and leave to stew for 20 minutes.
- Mix and season to taste and add 50 g of butter.
- Serve the balls with the sauce and French fries.

4 personen  
45 min  
Main dish  
1.5

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**Source URL:** <https://www.bruggecheese.com/recipes/tuna-balls-bruges-dor>