



Welsh Laverbread (PDO), herb and lemon bites



MAKES 10 SMALL BALLS

1 medium onion, peeled and finely chopped
2 garlic cloves, peeled and crushed
1 dsp of vegetable oil
100g fresh breadcrumbs
2 heaped tbsp fresh Welsh Laverbread (PDO)*
or ½ tin

Zest of 1 lemon
2 tbsp chopped fresh herbs e.g. mint, parsley,
dill etc.

- 01** Preheat the oven to 180°C / 160°C fan / Gas 4.
- 02** Heat the oil in a frying pan and cook the onion and garlic over a medium heat until soft. Remove from the heat and add the remaining ingredients.
- 03** Mix well and season with freshly ground pepper and a little sea salt – not too much as the laverbread can be salty.
- 04** Form the mixture into small balls - it should make about 10 - and place on a greased baking tray. Cook in the oven for 20 minutes or until golden brown and crisp. Alternatively, shallow fry in a little oil until browned all over and heated through.

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