



Nut and Rice Rissoles

Deep fried rissoles or rice and chopped nuts of your choice. Great for using up leftover rice.

Serves : 2 - 4
Preparation Time : 10 minutes
Cooking Time : 10 minutes

Ingredients

2 oz / 50g cooked rice (brown or white)
1 onion, finely chopped
1 oz / 25 g butter
4 oz / 110 g chopped nuts (ground would do)
1 egg, beaten
2 oz / 50 g breadcrumbs
4 oz / 110 g cheddar cheese, grated
salt and pepper seasoning
Oil for deep frying

Herbs & Spices

1/4 tsp Sage
pinch Nutmeg Ground

Cooking Instructions

Fry the onion in the butter over a medium heat until soft. Allow to cool then place in a mixing bowl along with all the other ingredients. Mix well.

Use your hands to roll golf-ball sizes of mix, then flatten slightly into little patties. Heat about 1 inch of oil in a pan and when hot, deep fry the rissoles until golden brown. Turn during cooking to ensure an even colour.

Great served with chutneys.