CRUNCHY CAPSICUM RICE AND QUINOA ARANCINI'S

COOK TIME
30 mins
PREP TIME
25 mins
SERVES
4 x
CRUNCHY CAPSICUM RICE AND QUINOA ARANCINI'S, WITH ROAST EGGPLANT AND TOMATO SAUCE
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INGREDIENTS

- 1 cup (180 g) Quinoa
- 1 cup (200 g) cooked Rice
- 2 cups (300 g) cooked and mashed Potato
- 2 Eggs
- 1 cup (100 g) grated Cheese
- 1 cup (180 g) strips of Capsicum
- 2 cups (220 g) Breadcrumbs
- 5 cups (1000 ml, 40 fl oz.) Canola oil
- 4 1 inch slices Eggplant
- 2 Tbsp Olive Oil
- 2 Tsp MasterFoods™ Italian Herbs
- 1 Tsp MasterFoods™ Onion Salt
- 2 cups (400 g) chopped Tomato
- 2 Tbsp MasterFoods™ Minced Garlic
- 2 Tsp MasterFoods™ Mixed Herbs
- Parmesan Cheese for serving

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MASTERFOODS Herbs Dried Mixed Herbs 40g Jar

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MASTERFOODS Seasoning Onion Salt 68g Jar

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METHOD

1. 1.
   Cook the Quinoa and mix with the Rice, and mashed Potato and the Eggs.
2. 2.
   Make 4 ball shapes out of the mix, and stuff the middle, pushing in portioned grat ed Cheese and Capsicum. Form the ball around the capsicum. Roll in the Bread crumbs and fry in the Canola oil, rolling them around to crisp up on all sides.
3. 3.
   Bake thick slices of the Eggplant, covered in Olive oil, the MasterFoods™ Italian Herbs,

and the Onion Salt in a hot oven at 200C for 10 minutes.

4. 4.
   The Tomato sauce is made by blending the fresh Tomatoes, the MasterFoods™ Minced Gar-lic and Mixed Herbs, with a pinch of salt and pepper to taste.
5. 5.
   Serve the Arancini's on the Eggplant with the Tomato sauce. Add extra Parmesan Cheese on top.

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