

Eggplant Rissoles

Ingredients

- 1 eggplant
- 1 onion
- 1 can cannellini beans
- 1 1/2 cups breadcrumbs
- 2 tsp minced garlic
- 1 tsp parsley

Method

1. Finely chop the onion and sauté with garlic and diced eggplant until the eggplant is browned.
2. Add parsley, cover with water, and simmer until the eggplant is tender.
3. Mash eggplant with the beans, and then mix in 1 cup of breadcrumbs.
4. Form into balls, roll in the remaining breadcrumbs, and bake until crusted.

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