



VEGGIE POLPETTE & TOMATO SAUCE

INGREDIENTS

2 eggs

Milk: half shell of how many eggs opened

2 tablespoons of parmesan cheese

4 tablespoons of bread crumbs

Spoonful of pesto

Oil for frying

Garlic

Salt

Pepper

Capers

Basil

OPTIONAL

Tomato sauce

INSTRUCTIONS

Mix all the ingredients together to create a soft dough.
Shape small balls and fry them in hot oil for a few minutes.
Use a spoon to turn them until they are golden brown.

OPTIONAL

Cook at the end in tomato sauce for around 5/10 minutes