

Let's get cooking with

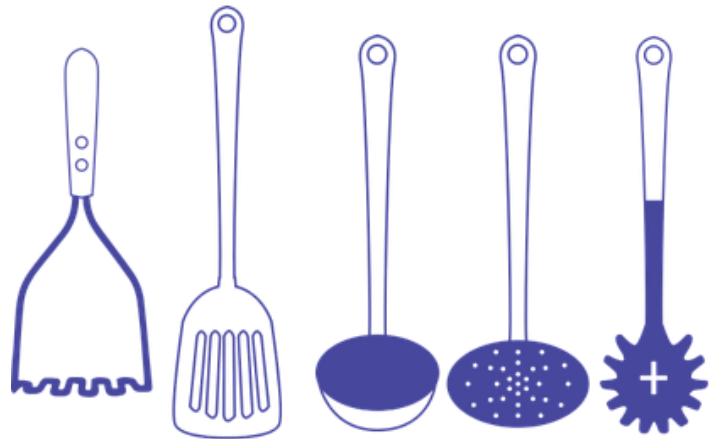


Healthworks
the community health charity

Crispy Rice Cutlets

What you need:

- 1 cup of left over rice.
- 1 onion chopped.
- 1 tbsp. coriander.
- 3 tbsp. corn flour.
- 1/4 tsp turmeric.
- 1/4 tsp cumin.
- Pinch of salt—optional
- 2 tbsp. oil.



How to prepare:

- Put all the ingredients in a bowl and mix well in with your hands.
- Add a little water if needed until it looks like a dough.
- Make small balls and flatten them down slightly.
- Add the oil to the pan and heat.
- Once hot, add your rice balls and cook on medium heat for 3—4 minutes on each side, until golden brown.

Top tips:

- Serve with salad.

Enjoy!

From the Community Skills Team
www.healthworksnewcastle.org.uk