



The Ethnic Communities' Council
Love Food Hate Waste project celebrates
the diversity of food and cultures in NSW

Rice patties

In Poza Rica, México, a trick for using up leftovers and avoiding food waste is to use leftover rice from the dish "arroz rojo" (tomato rice) to make rice patties.

Ingredients

Rice patties:

2 cups tomato rice
6 eggs
½ cup oil
1 bunch of parsley, chopped

Tomato sauce:

6 tomatoes
¼ onion
1 tablespoon chicken stock
Salt to taste

Preparation

Patties:

Place all of the ingredients in a bowl and mix
Make small patties from the mixture.
Add oil to a frying pan and bring to a medium heat.
Add the rice patties, frying on both sides until golden brown.

Sauce:

Place the tomatoes in a medium sized pot and cover with water. Cook on medium heat until tomatoes are soft.
Peel the skin off the tomatoes and purée in a blender. Add ¼ onion, 1 tablespoon stock and salt.
Pour the sauce in to a saucepan and bring it to the boil.
Add the patties to the sauce and serve warm.

Recipe created by Fabiola Alegria, from México.

