

Recipe Name: Pan Fried Rice Balls Filled With Cheese Recipe

Diet Type:

Course: Appetizer

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 2 tablespoon Extra Virgin Olive Oil	4
• 2 tablespoon Butter (unsalted)	
• 1 Onion - finely chopped	
• 2 cups Jasmine Rice	
• 1 teaspoon Salt	
• 1 cup Sweet corn	
• 1/4 cup Parsley leaves - finely chopped	
• 1 cup Parmesan cheese - grated	
• 1 cup Mozzarella cheese - cut into small cubes	
• 1 cup All Purpose Flour (Maida)	
• 3 Whole Eggs - beaten with a fork	
• 1 cup Whole Wheat Bread crumbs	
• Sunflower Oil - for deep frying	

Preparation

- To begin with the Pan Fried Rice Balls Filled With Cheese Recipe, first in a heavy bottomed pot, heat oil over medium heat and add some butter.
- As the butter melts, add diced onion and saute until soft for about 4-5 minutes. Add rice and give a stir to coat.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	18	35	22	2	2