



Crispy Vegetable Patties con sugo di pomodoro



Medium



4 Servings



50 min.



A perfect crust on the outside and a tender, juicy texture on the inside.

Our vegetable patties with tomato sugo combine rich flavor with simple preparation that always turns out perfectly.

What makes a “sugo”—Italian for sauce—special is its creaminess, which perfectly complements our crispy patties.

You can make them with a wide variety of seasonal vegetables, ensuring endless variety and enjoyment at every meal—just like in “bella Italia”!

Whether as an appetizer or a main course, you won’t be able to get enough of them.

Ingredients

1 clove of garlic
1 onion
2 tbsp olive oil
1 can (425 ml) ORO di Parma Finest Tomato Pulp
1 tbsp ORO di Parma tomato paste
Salt
Pepper
4 sprigs of oregano
1 zucchini
1 eggplant
2 beefsteak tomatoes
2 eggs (size M)
6 tbsp flour
150 g breadcrumbs
200 ml sunflower oil

Step 1: Sugo

First, peel and finely dice the garlic and onion. Then sauté them in a pot with olive oil until translucent. Add our finest tomato pulp, tomato paste, and 200 ml of water; bring to a boil and simmer for about 5 minutes. Season the sauce with salt and pepper to taste. For an extra touch of Mediterranean flavor, wash the oregano, shake it dry, pluck the leaves from the stems, chop them coarsely, and stir them into the sauce.

Step 2: Vegetable Coins

Wash and trim the zucchini, eggplant, and beefsteak tomatoes, slice them, and season with salt and pepper. Crack the eggs into a deep plate and beat them. Coat the vegetable slices one by one, first in flour, then in egg, and finally in breadcrumbs. Heat sunflower oil in a large skillet and fry the prepared rounds on both sides until crispy and golden brown.

Used products:



You can find this and more delicious recipe ideas at:
www.rodiparma.de/en/italian-recipes