



Eggplant meatballs in sweet and sour sauce and mint

Ingredients

3 eggplant 3 tablespoons breadcrumbs 3 tablespoons grated Parmesan cheese 1 egg 3 tablespoons mixed with raisins and pine nuts 8/10 mint leaves 1/2 cup of vinegar 350 g of Passata CIRIO in PET bottle 1/2 cup sugar 2/3 tablespoon of flour salt Oil (for frying)

Preparation

1. Cut an eggplant in half and empty the pulp.
2. Remove the skin of the other two eggplant, cut into chunks.
3. Put it all to boil in a pot with water and salt.
4. Set aside the boats eggplant pulp-free, which will be used to contain and then we fry the meatballs.
5. Boil for a few minutes the pulp, and drain well.
6. Just cold, season the flesh of the eggplant with parmesan, breadcrumbs, egg, flour, raisins and pine nuts, chopped mint and salt.
7. Knead, if you need to add more bread crumbs and form into balls.
8. Move the meatballs in flour and fry in oil.
9. Fry the eggplant boats and let them drain well.
10. Separately in a frying pan, heat the sauce Cirio, add the vinegar and sugar and season with salt.
11. Cook for a few minutes and add the meatballs, season them well and serve within the boats fries.
12. Garnish with mint leaves, ready to eat!

