



SPICY MANGO DIP WITH RICE CAKES

INGREDIENTS

- 1 mango
- ½ lemon
- 1 cm of ginger
- ½ red of chili
- 1 spring onion
- 250 grams of brown rice
- 1 egg

DIRECTIONS

MANGO DIP

Slice the flesh of the fruit of the mango in pieces. Squeeze a halve lemon. Grate the ginger. Chop the red chili fine.

Put the mango pieces with 1 tablespoon of lemon juice, ½ teaspoon of ginger and the red chili in the food processor and puree all till a dip.

Slice the spring onion in rings and stir through the dip.

RICE CAKES

Cook the rice covered in 15 minutes soft done.

Let the rice steam for 15 minutes and cool down till lukewarm. Then mix the egg through it. Shape the rice mixture till round cookies of 5 cm diameter and 2 cm thick.

Fry the cookies golden brown for 4-6 minutes in a frying pan with hot oil. Turn them after 2 minutes.

DIP AND SNACK,
10 PIECES
TIJD: 40 MINUTES

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