

RECIPE Eggplant patties

Ingredients:

(3) eggplants
(2) garlic cloves
(1/2) cup tapioca flour hydrated
Coconut oil
Chives
Smoked paprika powder
salt
1 tsp cumin in powder*
1tsp coriander powder*

Instructions:

Patties: Preheat the oven (190C); cut the eggplant in small cubes and place in a container for oven with a little bit of olive oil for 20min (mix after 10minutes to bake evenly). Remove from oven, let it cool down and squeeze with a cloth to remove excess of water. In a frying pan, heat coconut oil, chopped garlic, chives, eggplant, paprika and salt; sauté for about 5 minutes. After transfer to a bowl and mix with a hand blender and mix slowly the tapioca flour.

In a frying pan heat coconut oil and make patties with the mix and pan-fry for about 3min each side.

*best if toasted and freshly grinded.