**Rice, eggplant & feta fritters**

**SERVINGS 4**

**Equipment:**
- Medium saucepan with lid
- Cup measures – ¼, ⅓, ⅔, ½
- Tablespoon measure
- Frypan
- Knife and chopping board
- Stirring spoon
- Food processor
- Medium bowl
- Small bowl
- Fork
- Eggflip

**Ingredients:**
- 160ml (2/3 cup) boiling water
- 75 grams (1/3 cup) rice
- large pinch salt
- 185ml (3/4 cup) olive oil
- 1 (about 300 gram) eggplant
- 1 garlic clove
- 125 grams (1/2 cup) Greek style natural yoghurt
- 6 sundried tomatoes in oil, chopped
- 50 gram feta, diced
- 100 grams (2/3 cup) plain flour
- 3 eggs, lightly whisked
- salt and pepper
What to do:

- Place water, rice and salt in a small saucepan and bring to the boil over medium heat. Reduce heat to medium-low, cover with a tight-fitting lid and cook for 15 minutes. Transfer the cooked rice to a medium bowl.

- Cut eggplant into small cubes and crush the garlic.

- Heat 60ml (1/4 cup) of the oil in a large frypan over medium heat. Add the eggplant and cook, uncovered, stirring often, for 20 minutes or until soft.

- Add the garlic and cook, stirring, for 1 minute. Remove from heat and allow to cool for 5 minutes. Transfer the eggplant mixture to the bowl of a food processor and process to a coarse puree.

- Finely chop the oregano, sundried tomatoes and dice the feta.

- Combine the yoghurt and 2 teaspoons of the oregano in a small bowl. Cover and set aside.

- Use a fork to separate the rice grains. Add the eggplant mixture, remaining oregano, sun-dried tomatoes, feta, flour, eggs, salt and pepper to the rice, and gently fold through until just combined.

- Heat 2 tablespoons of the remaining oil in a large non-stick frying pan over medium-high heat.

- Drop tablespoonsful of mixture into the pan and use the back of the spoon to slightly flatten each.

- Cook for 2 minutes each side or until golden.

- Transfer to a large plate and cover loosely with foil to keep warm. Repeat in batches with the remaining oil and rice mixture. Serve with the oregano yoghurt.