

USE IT UP™

SAVE FOOD SAVE MONEY
SAVE THE PLANET

OZHARVEST

FRITELLE DI PASTA



FRITELLE DI PASTA

A Recipe by OzHarvest



Prep time



Cook time



Serves

NEED

250g leftover pasta

1 egg

20g plain flour

25g parmesan
cheese, grated

Sprig of parsley,
chopped

Pinch of salt

Pinch of cracked
pepper

100ml oil for
frying

A quick no fuss recipe to use up any leftover pasta from your fridge. These are beautiful as a share platter with aioli, lemon or pickled veg salad. For a great meal, serve in a crusty roll for lunch with a salad and aioli.

HOW

1. Cut leftover pasta into 3-4cm pieces and put into a bowl.
2. Crack egg into pasta and gently mix through.
3. Add flour, cheese, parsley, salt and pepper and mix well. It should be thick enough to sit on the spoon without dripping or collapsing. If needed, add a tiny bit more flour until the right consistency.
4. Place a non-stick pan on medium heat and add oil, covering the base by 5mm.
5. Using a tablespoon, spoon the mixture into the pan. Flatten slightly and fry for 2 minutes per side or until golden brown. Remove and drain on a tea towel before serving warm.

CHEF TIP

If using leftover pasta that has been dressed with sauce, you may need to add more flour to ensure they hold together



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CAPSICUM, TOMATO, FENNEL & ZUCCHINI SALAD WITH HERBS

A Recipe by OzHarvest



Prep time



Cook time



Serves

NEED

1/2 capsicum

10 cherry tomatos

Handful of sliced
fennel

1/2 zucchini

Sprig of parsley,

Sprig of
fennel fronds

Pinch of salt

Pinch of cracked
pepper

2 tbsp extra virgin
olive oil

A fresh salad that is ideal for using up vegetables and herbs in your fridge and is the perfect accompaniment to Fritelle Di Pasta!

HOW

1. Roast capsicum either on a gas stove or under a grill in the oven till the skin is charred. Remove capsicum from heat and cover for 5 minutes.
2. Peel skin off capsicum, slice and put into a bowl.
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4. Over the bowl, cut the cherry tomato with a knife and pull it open slightly squeezing it, so the juices drip into the bowl. Add the remainder of the tomato into the bowl.
5. Slice fennel finely and add to bowl.
6. Shave zucchini into bowl using a peeler.
7. Roll herbs into a ball and squash with your hands a little. Roughly chop and add to bowl.
8. Sprinkle salt, pepper and oil and mix.
9. Enjoy!



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