

Here's a recipe idea

Crispy No-Waste Rounds

approx. 250 g noodles, cooked (or rice or quinoa...)
approx. 300 g leftover courgette, carrots, or other vegetables
1 onion or shallot
1 handful rocket, fresh herbs to taste
3 eggs
6 tbsp grated cheese (leftover cheese, parmesan or similar)
5 tbsp flour
1-2 tbsp oil
salt & pepper to taste

let your imagination run wild!

The mixture is now quite moist and does not yet hold together well. Therefore, gradually add flour by the tablespoon until some binding is achieved. The mixture can still be a bit crumbly. Put 1-2 tablespoons of oil in your Vitana pan and heat it up. Then, take a large spoonful of the mixture and press it down with your free hand so that it holds its shape. Carefully slide the spoon into the pan and flatten the dough a little without it falling apart. After a few minutes, a beautiful golden crust will form on the bottom of the taler, which will be stable enough to slide a spatula underneath. Flip it over with a flourish, to sear the other side until crispy.

The special surface of your Vitana pan saves on oil and still produces a deliciously crispy result! Energy-saving tip: By the way, it is sufficient to fry on medium heat because the high-quality cast aluminium of the pan distributes and retains heat very efficiently!

The crispy rounds pair well with barbecue sauces that you typically have on hand, or with fresh cottage cheese