

Ricetta



Polpette



di



verdure




100  
**100**

grammi  


parmigiano  


grattugiato  


Pane  


grattugiato  


quanto  


basta  


2  
**2**

uova  


Sale  


basilico  




# Ingredienti



700

**700**

grammi



di



patate



bollite



2

**2**

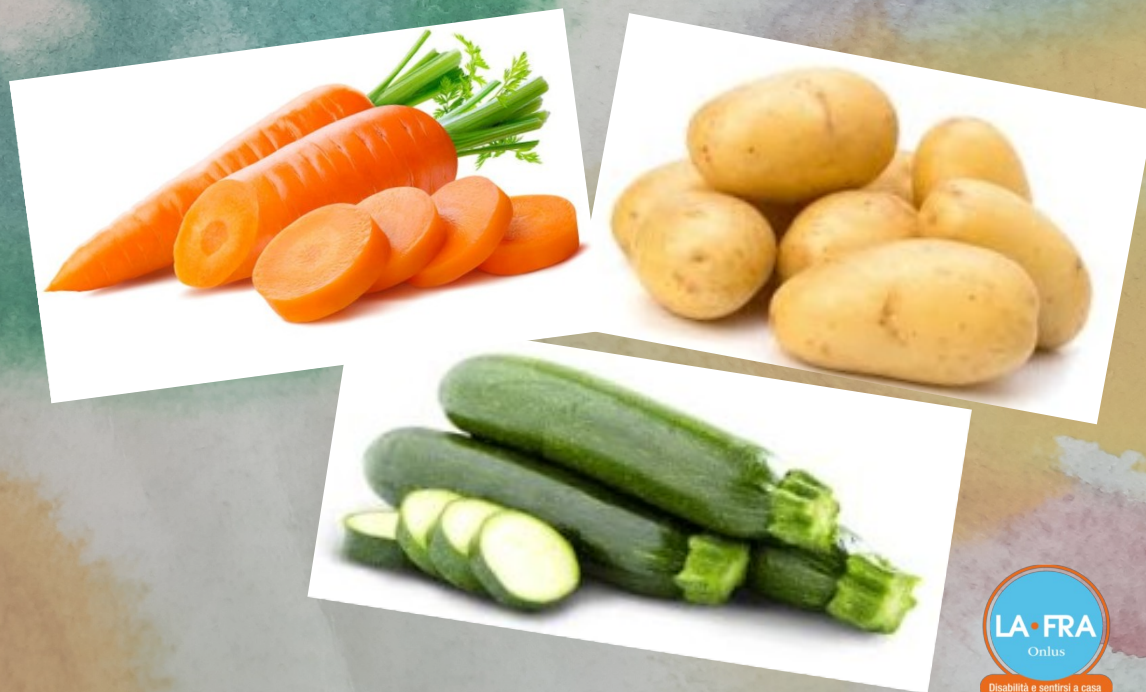
zucchine



2

**2**

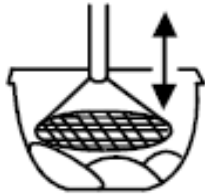
carote



# Preparazione



Schiacciare



le



patate



bollite



Aggiungere



il



basilico



tritato

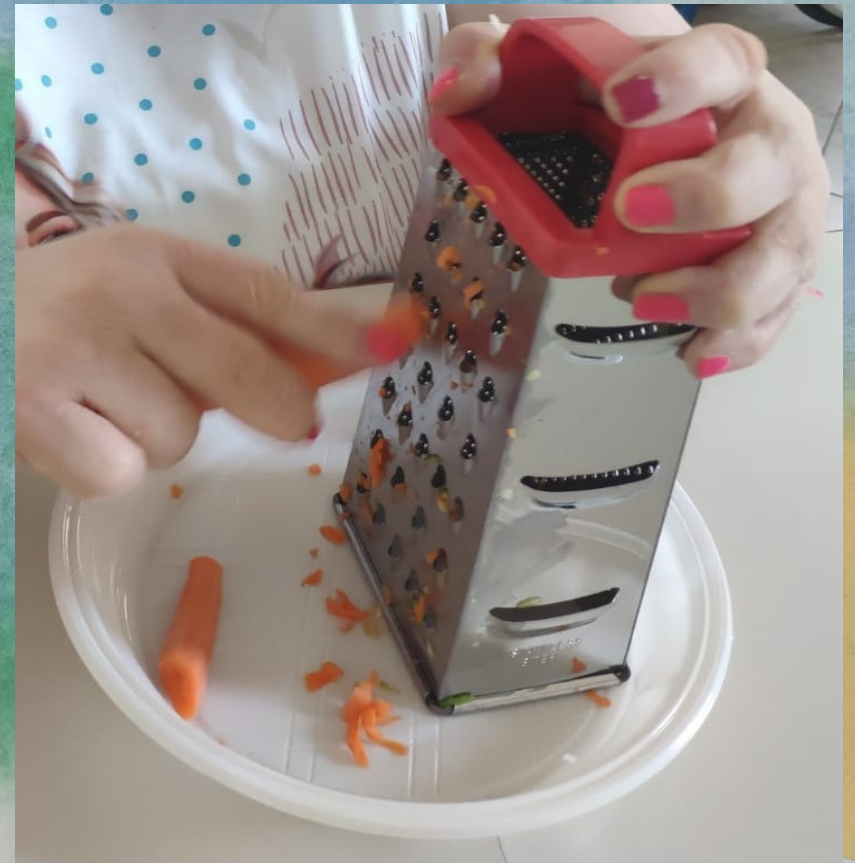
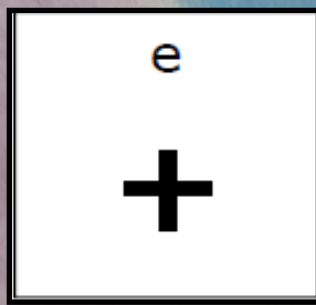
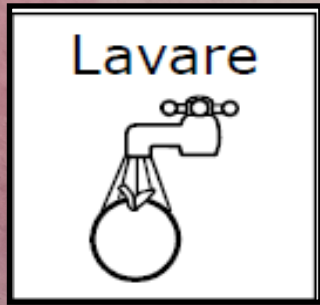


e



mescolare





Grattugiare



le



zucchine



Aggiungere



zucchine



e



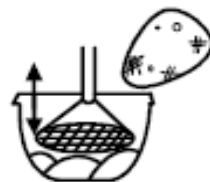
carote



alle



patate schiacciate

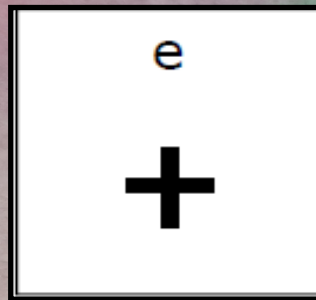
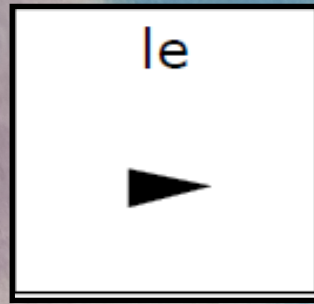


Mescolare




bene






Aggiungere




le



uova




il



parmigiano




e



il




pane




grattato



fino



ad



ottenere



un




impasto



da lavorare



con

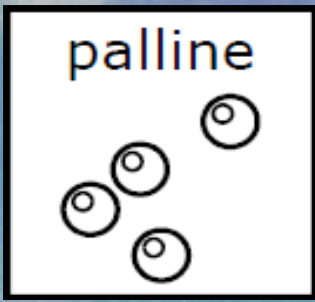
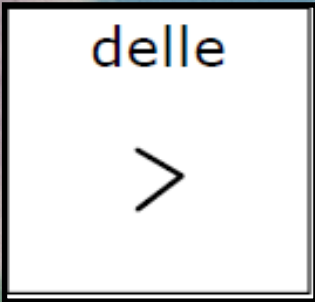
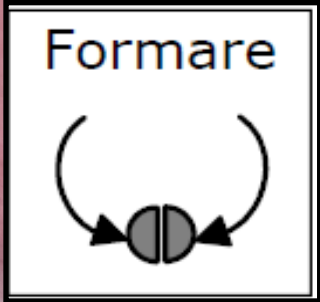


le

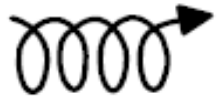


mani







Rotolare




le



polpette



nel



pane




grattato



Foderare



con



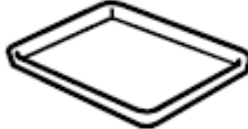
carta da forno



una




teglia



Mettere in forno




a




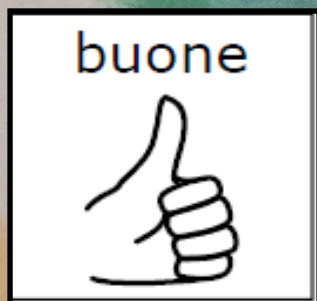
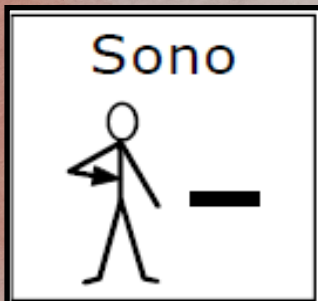
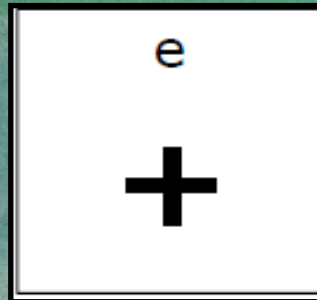
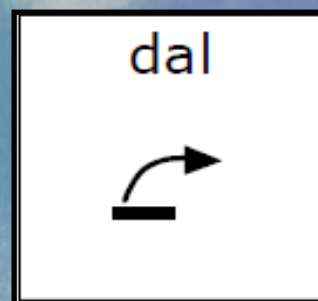
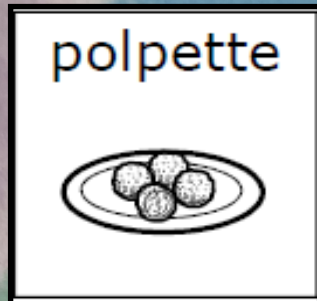
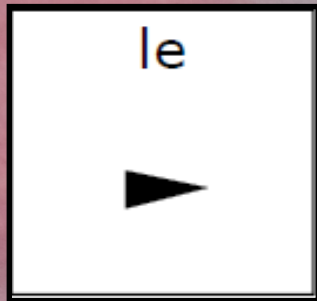
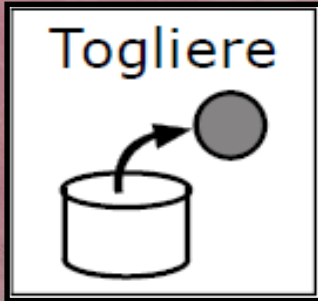
180 gradi  
180°C

per



30 minuti





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