

## RICE CAKE

### Ingredients for 4 people

<i>300 of rice</i>	<i>900</i>
<i>100 grams of ham</i>	<i>400</i>
<i>2 eggs</i>	<i>150</i>
<i>100 grams of mozzarella cheese</i>	<i>250</i>
<i>70 grams of Parmesan cheese</i>	<i>240</i>
<i>100 grams of béchamel</i>	<i>300</i>
<i>butter, salt and pepper</i>	
<i>total calories (about)</i>	<i>2250</i>

### Preparation

Make the rice boil al dente (about 15 minutes).

Drain it and put it in a recipient.

Add the minced ham, béchamel, eggs, Parmesan cheese, and amalgamate it.

Butter the casserole (possibly made of Pyrex), and lay half of the compound.

Level it with a fork. Add the mozzarella cheese.

Lay the rest of the compound. Level and sprinkle it with some Parmesan cheese.

Put in the oven at 180 degrees and cook it till it is well colored.

Serve it warm.