

Vegetable Quinoa Patty

Vegetable Quinoa Patty Recipe is a simple and quick recipe packed with vegetables and the goodness of Quinoa. This Quinoa patty can be served for Lunch, dinner or as an evening snack



Ingredients

- 1 cup Quinoa, cooked
- 1 Onion, chopped
- 1 boiled potato
- 1 Carrot, grated
- 1/4 cup Spinach, chopped
- 2 tablespoons Besan
- 1 garlic flake – Finely chopped
- 1 small piece ginger – grated
- 1 tsp fennel seeds
- 1 teaspoon Black pepper powder
- 1 teaspoon Red Chili flakes
- Oil
- Salt

Recipe Instructions

Pre-Preparation steps:

- Cook quinoa based on package instructions
- Boil potatoes,
- Grate carrots, ginger and garlic
- Chop spinach

We will do this together

1. Heat some oil in a heavy bottomed pan. Add onion, carrot, and spinach. Cook for 5 minutes. Once done, turn off the heat and let it cool down.
2. In a mixing bowl, add the cooked quinoa, sautéed veggies, garlic, fennel seeds, grated ginger, pepper powder, red chili flakes, salt and teaspoon of cooking oil. Do not add any water. Check the salt and spices and adjust according to taste. Add 2 tbsp corn starch or besan.
3. Mix everything properly and make Vegetable Quinoa Patty with the help of your palms.
4. Heat a skillet with some oil. Once it is hot, add the Vegetable Quinoa Patty and cook it on both the sides till becomes evenly brown.
5. Transfer the Vegetable Quinoa Patty into a serving platter and serve hot.