

## Quinoa Patties

*Quinoa is a wonderful grain; well technically speaking it's a pseudo-grain, really a seed. It is high in protein (a whopping 13g of protein per 100g, double that of rice) as well as being mineral rich, a good source of calcium, iron, magnesium, phosphorous, potassium and zinc. With a nutrient profile like this it certainly deserves a place in my kitchen. Here are my quinoa patties, inspired by Heidi Swanson (101 Cookbook fame), this version uses more vegies and has a red twist from the quinoa and beetroot.*



**Makes 12 medium size patties.**

### Ingredients

- 1 cup of quinoa
- 4 eggs
- ½ tsp of fine-grain salt
- 1/3 cup of dill
- 2 small onions, chopped finely
- 3 cloves of garlic
- 1 beetroot grated
- 1 large carrot grated
- 2 zucchini
- Sprinkle of dulse flakes
- Grated parmesan (100g) or crumbled goats cheese (optional / without for vegans)
- 1 cup of breadcrumbs (helps to mould into patties and hold shape)
- Sesame seeds to roll the patties in.

**Method:**

- Cook the quinoa as directed on packet (I generally cook like rice, checking along the way to see if done). Once done drain, cool and start to prepare the other ingredients.
- In a bowl place the cooked quinoa, grated zucchini, carrot and beetroot, chopped onion and garlic.
- Grate the parmesan or crumble goats cheese in.
- Stir in chopped dill and sprinkle some dulse flakes in.
- Mix well and add the breadcrumbs, stir and leave for a few minutes to allow the crumbs to absorb any moisture.
- Then form in to patties, they should be moist and hold together.
- Roll into sesame seeds
- I cook either by baking for 40 minutes on a 180c heat until golden or if you prefer you can fry on a medium/low heat, using clarified butter (ghee) is a good stable oil to fry in.

These keep well in fridge for couple of days plus you can cool and freeze, defrosting when needed. Great for lunch boxes or for dinners on the go.

Karen is a degree qualified Naturopath, Nutritionist & Herbalist. She has been working in clinical practice for the last 12 years. She is a member of the Australian Traditional Medicine Society (ATMS) and Naturopaths & Herbalists Association of Australia (NHAA). Karen is passionate about encouraging and guiding individuals to take control of their own health. She believes in educating people about their health conditions so they can feel truly empowered to make changes to their diet, health and lifestyle. Karen works at Northern beaches health & fertility on Thursdays and Saturdays.

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