

## **QUINOA & CHOKO PATTIES**

Gluten & Dairy free and Low salicylate and amine

**Vegetarian**

**Makes about 12-15 patties**



### **Ingredients:**

1 cup water	2 tblsp parsley
½ cup white or tri-coloured quinoa	2 eggs
225 g choko	½ cup gluten free flour (plain, quinoa or sorghum flour)
100g tofu	Salt
½ can (~200g) chickpeas	Suitable oil for cooking (canola, rice or vegetable oils)
3 shallot	
1 clove garlic	

### **Method:**

#### **Cooking the quinoa:**

- Place the washed quinoa in a saucepan (with a lid) with 1 cup water
- Bring to the boil
- Stir once with a spoon and do not stir again
- Place the lid on the saucepan and turn the heat down so the quinoa is simmering
- Simmer, with lid on until the water is absorbed & quinoa is tender (~15-20 minutes)
- Take saucepan from the stove and let it cool

#### **Making the patty:**

- Peel the choko and slice into quite small pieces, microwave or cook until tender
- Slice the tofu finely
- Place half the tofu with the chickpeas and puree them together
- Chop the shallot & parsley and mince the garlic clove
- Place all the ingredients with the quinoa in a bowl and mix together
- Add more flour if required
- Heat the oil in a frying pan over a medium heat. Form patties of desirable size and place them in the frying pan. They will hold together once the cooking process takes hold. Let them cook for several minutes before flipping to the other size. The patties should be golden in colour when done

#### **Serving suggestions**

- Serve in wraps with Elim mayonnaise and lettuce
- Serve on a plate with choko chutney and salad
- Heat for a mid-meal snack on its own
- Stir fry with cabbage, bean sprouts, green beans and serve over rice noodle