

Quinoa Ricotta Fritters

Gluten Free, Dairy Containing, Low Chemical

Makes ~16 fritters

Ingredients:

1/3 cup quinoa (or 1 cup pre-cooked)

410g canned green beans

300g smooth ricotta

½ cup chopped fresh parsley

2 shallots

2 eggs

¾ cup GF self-raising flour

Salt to taste

Rice bran oil to cook



Method:

- If the quinoa is not pre-cooked. Put the quinoa in a saucepan with ¾ cup water
- Bring to the boil and then simmer, with the lid on, about 6-7 minutes or until the water has been absorbed.
- Take it from the stove and let it stand for 5 minutes with the lid on the pot. Cool
- Finely chop the shallot and parsley
- Drain the beans and place in a bowl with flour, shallot, quinoa, salt and parsley
- Stir to coat them with flour
- Beat the eggs in a small bowl and gradually stir the eggs into the ricotta until smooth
- Mix the egg mixture through the other ingredients
- Heat a little oil in a fry pan or a non-stick frying pan
- Add spoonful's of the mixture to the pan and flatten to about 6cm in diameter
- Cook for about 2-3 minutes on each side, or until golden brown
- Repeat until all the mixture has been cooked
- Serve warm with mashed potatoes and allowed vegetable of choice

Use cold fritters

- with salad,
- or use in wraps and sandwiches
- or as snacks between meals