

Chickpea & Quinoa Patties

Makes approx. 15 patties at 130g each. Gluten free & vegan

INGREDIENTS

1½ cups oil

2 onions, finely chopped

2 – 3 garlic cloves minced

4 large carrots grated

1 roasted red capsicum finely chopped (blacken on stove and peel before chopping)

1 large zucchini grated

1½ cup raw quinoa

1½ cups cooked quinoa

4 cups cooked chickpeas

1 cup besan flour

1 cup finely chopped fresh herbs (parsley, coriander)

½ cup gluten free breadcrumbs

4 tablespoons Moroccan spices (see recipe below)

Salt & pepper to taste

Sesame seeds for coating

METHOD

Blitz the breadcrumbs and fresh herbs together and set aside. Heat the oil in a pan and cook onion, garlic and carrot until soft.

Combine all ingredients except for sesame seeds. If necessary, add more besan flour or breadcrumbs to get the right consistency.

Shape the mix into patties and coat both sides with sesame seeds.

They're ready to store in the fridge, freeze for later or cook now for whatever you desire!

Moroccan Seasoning

Makes just under 5 cups

INGREDIENTS

1 cup cumin seeds

$\frac{3}{4}$ cup coriander seeds

$\frac{3}{4}$ cup fennel seeds

$\frac{3}{4}$ cup paprika

1 cup turmeric

$\frac{1}{4}$ pink salt

$\frac{1}{4}$ cup ground ginger

METHOD

Roast the cumin, coriander and fennel seeds until aromatic, then grind. Combine with the remaining ingredients and store in an air-tight jar.