



Cooking Made Easy

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Danny's Courgette Quinoa Patties with Minted Yoghurt Sauce

Danny (our accountant/bean counter) has been hitting the gym recently, so he loves to sneak in a bit of extra protein into his diet wherever he can. Recently he's been spicing things up in the kitchen by mixing high protein pseudo-cereal quinoa with all the freshness of grated courgette and the vibrant colour of turmeric. The end result is a little plate of freshness to brighten up the winter!



Quinoa



Courgette



Cherry Tomatoes



Salad



Coriander



Garlic



Turmeric



Italian Hard Cheese



Greek Yoghurt



Mint Leaves



Plain Flour



Vegetable Stock Pot

Ingredients

	2P	4P
Quinoa 1	½ cup	1 cup
Courgette, grated	1½ cups	3 cups
Vegetable Stock Pot 3	½	1
Cherry Tomatoes, halved	1 cup	2 cups
Salad	2 handfuls	4 handfuls
Coriander, chopped	⅓ cup	½ cup
Garlic Clove	1	2
Turmeric	½ tbsp	1 tbsp
Hard Italian Cheese, grated 2	2 tbsp	4 tbsp
Greek Yoghurt 2	1 cup	1 cup
Mint Leaves, chopped	2 tbsp	4 tbsp
Plain Flour 1	3 tbsp	6 tbsp

⊕ May feature in another recipe

* Good to have at home

Allergens

1) Gluten | 2) Milk

3) Celery

Nutrition per serving

Calories: 438 kcal, Protein: 27g, Carbs: 63g, Fat: 9g, Saturated Fat: 3g



1 Boil a large pot of water for your quinoa. Grate half of courgette on the large-holed side of a grater. Squeeze out all the water and press between kitchen towel if you have some. Chop the other half of the courgette, the coriander, the mint leaves and finely slice a clove of garlic.



2 Rinse the quinoa under running water for 1 minute then add to the boiling water. Gently simmer the quinoa with ½ the stock pot for around 15 mins. Test the quinoa for 'done-ness' and drain it once it's soft enough to eat. **Tip:** Prepare in advance and let it cool down completely for best results



yoghurt. **Tip:** Add more or less yoghurt to make sure the patties are not too moist. Let the mixture cool down for about 10 mins. **Tip:** To cool it down quickly, lay it all out flat on a baking tray and put it in the fridge

5 Form the mixture into 4 equal sized patties. **Tip:** Make sure they are compact so they don't fall apart later

6 Heat a frying pan on medium heat with 1 tbsp of olive oil. Very gently place the patties in the oil and cook for 3-4 mins on each side until golden.



3 Heat 2 tsp of olive oil in a pan and cook the garlic for 1 minute. Add all the courgettes with a pinch of salt and pepper and cook for 3 mins. Add the quinoa and turmeric and thoroughly mix. Remove from the heat.

7 Whisk the remaining yoghurt with the finely chopped fresh mint leaves. Chop the tomatoes in half and mix with the salad leaves. Dress with a little olive oil and a pinch of salt and pepper. Serve the patties on the salad with the minted yoghurt sauce on top.

4 Mix in the flour, the fresh coriander, cheese and 1-2 tbsp