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Posted on 28 May 2019  
*by Editor*

## Recipes with Let's Cook: Quinoa Boulettes with a Tomato Sauce



## Ingredients

Onion 60g  
Red Bell Pepper 40g  
Spring Onions 20g  
Thyme 4g  
Fresh Oregano 4g  
Tomato; cut into dices 200g  
Garlic; minced 12g  
Tomato Sauce by Let's Cook 200g  
Quinoa 150g  
Bread Crumbs 140g  
Madras Curry Powder 2g  
All-purpose flour 30g  
Cooking Oil; Enough for shallow frying  
Salt and pepper for seasoning

Servings

2

Person

Cooking Time

30

min

## Preparation

- 1 Start with Cold salted water in a small pot. Add the Quinoa, boil it and let it cook for about 15 minutes. The ideal ratio is 100 gms quinoa to 150 ml of water.
- 2 In a bowl, mix the cooked quinoa and the following ingredients: Red Bell Pepper, Spring Onions, The Herbs (save half for the salsa), Garlic, Madras curry powder, AP flour and the breadcrumbs. Lightly season the mixture if you feel you need to.
- 3 Roll out the quinoa balls. This is a delicate task, so nice and carefully please ! Take your time.
- 4 Once the balls are rolled out and ready; heat some oil in a pan to about medium heat. Once it is hot enough, start frying the quinoa balls.
- 5 This should take you about 10 – 15 minutes to let them cook all the way through. You

can start the salsa to save time but pay attention to them.

- 6 While the quinoa balls are cooking, make the salsa. Combine the following in a mixing bowl: Tomato, Onion, Garlic, the rest of the herbs and the Tomato sauce provided. Add some extra virgin olive oil if you would like to and some light seasoning.
- 7 Once your salsa and quinoa balls are done; heat some pita and dinner is ready.

## **Cooks Note**

Due to the fact that they contain fewer saturated fats, vegan diets have been shown to reduce heart disease risk and what's more, data shows conclusively that vegans and vegetarians suffer from fewer diseases caused by a modern Western diet.

### **Important Details**

- **Calories:** 599
  - **Protein:** 22g
  - **Fat:** 8g
  - **Carbs:** 113g
  - **Allergens:** Gluten
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