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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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