



Tipiak



HEALTHY QUINOA PATTIES

 8 servings 20 min. 55 min.

INGREDIENTS FOR THE QUINOA PATTIES

1 boil-in-bag of TIPIAK Easy Cooking White Quinoa

30 ml (2 tbsp) olive oil

200 g (1/2 lb) cauliflower florets

125 ml (1/2 cup) crumbled feta

125 ml (1/2 cup) panko (Japanese breadcrumbs)

2 large eggs

1 large garlic clove, finely

5 ml (1 tsp) salt

2.5 ml (1/2 tsp) ground cumin

1 large pinch of ground Cayenne pepper (or other hot pepper)

Freshly ground pepper

YOGOURT AND TAHINI SAUCE

30 ml (2 tbsp) plain yogurt

30 ml (2 tbsp) tahini (sesame butter)

30 ml (2 tbsp) chopped fresh mint

Juice of 1 lemon

Cold water, to thin the sauce

Salt and ground pepper

TIPS

The patties can also be cooked in the oven at 200°C (400°F) on a parchment paper lined baking tray.

Using a brush, coat the patties with olive oil and cook in the oven for 40 minutes, turning the patties halfway through the cooking time.