



## Spicy Quinoa Cutlets

Serving: 1

Veg

### *Ingredients*

- Quinoa-  $\frac{1}{4}$  cup
- Carrot- 2 tsp, diced
- Yellow bell pepper- 2 tbsp, grated
- Red bell pepper- 2 tbsp, chopped finely
- Green peas- 1 tbsp, boiled
- Ginger- garlic paste- 1 tsp
- Garam masala-pinch tsp
- Green chilli- half
- Coriander leaves- 1 tbsp, chopped
- Onion- half medium, chopped
- Oil for frying ( 2 tsp )
- Rava -2 tsp
- Salt and red chilli powder to taste

### *Preparation Method*

- 1. Cook Quinoa in  $\frac{1}{2}$  cups water for 15 minutes or till gets fluffy. You can also cook according to package instructions. Let cool.
- 2. In a large bowl add Quinoa, add peas, bell peppers, carrots, ginger garlic paste, onion, chilli, garam masala and coriander. Season and mix well.
- 3. Shape the quinoa into patties/cutlets, coat lightly with rava. Repeat till all the quinoa mixture is used up.
- 4. Heat oil for shallow frying till moderately hot. Pan fry all the cutlets till golden