

The BBQ Baker, Out of the Ord – Crispy Quinoa Balls

Ingredients:

- 125 g (1/2 cup) quinoa, cooked
- 2 spring onions, chopped
- 1 garlic clove, crushed
- ½ teaspoon ground cumin*
- 40 g (½ cup) breadcrumbs**
- 60 g (½ cup) grated cheddar cheese***
- ½ large zucchini, grated
- 70 g (½ cup) polenta
- Oil, for deep frying****



Instructions:

1. Place quinoa in a saucepan and cover with water. Bring to the boil, reduce heat to low, then cover and simmer for 10 minutes, or until quinoa is cooked to your liking. Drain and rinse well under cold water.
2. Using a large bowl, add finely chopped spring onions and crushed garlic to the quinoa. Mix, then add cumin, breadcrumbs, cheese and zucchini. Stir till combined.
3. Using your hands roll equal measures (about a tablespoon) of the mixture into balls and toss lightly in the polenta – having uniform balls makes for consistent deep frying.
4. Heat the oil in a heavy-based pan. Gently lower batches of the balls into medium-hot oil. Cook for 1 minute, or until golden brown and crisp. Carefully remove from the oil with a slotted spoon and drain on absorbent paper.
5. Serve hot with your favourite dipping sauce



Notes:

* I'm still looking for possible flavour alternatives, the cumin is tasty as the dominant flavour of the balls, yet I feel another option like curry powder, Portuguese chicken seasoning and/or adding some bacon could also be tasty.... I'll keep you posted.

** You could use red lentils as an option.

*** Using a mix of mozzarella and cheddar is a good too.

**** I used vegetable oil, about 1 litre was needed for my medium sized pot.

Find Online: <http://www.bbqbaker.com/blog/crispy-quinoa-balls>