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# Chicken and Quinoa Patties

This recipe was made by accident one day but has been on high rotation ever since! Making chicken burgers for friends, I realised there was not enough mince to make the patties big enough. Brainstorming with what I had on hand I folded through some cooked quinoa and was so surprised with the results! All the kids ate them and it meant less meat was needed to feed the crowd. The addition of the quinoa also makes them gluten free and bumps up the protein.

Shape however you want - big for burgers, or small for meatballs. Cooked and cooled they store and transport well so great as leftovers. Great for little hands, they would also make a great toddler meal.

## INGREDIENTS

500g Chicken breast mince  
1 cup cooked white quinoa  
2 tablespoons wholegrain mustard  
1/2 tsp Tamari  
Handful of chopped parsley  
Salt and Pepper to taste



## METHOD

Combine all ingredients well in a bowl and form into patties. Refrigerate to set whilst pre-heating the oven to 180deg. Cook for 15-18 minutes, when cooked they will be firm to the touch.

Alternativley, they can be grilled in a hot frying pan with a little olive oil.

Feel free to add to this base. Suggestions include grated zucchini for sneaky veg, ginger, garlic and chilli to give them an asian style or steamed sweetcorn, sundried tomato and 2tbls of ricotta to give them extra richness.

**To cook quinoa:** We prefer the absorption method. Give the quinoa a little rinse and drain. Put into a pot with double the amount of water and a good pinch of salt (ie: 1/2 cup dry quinoa to 1 cup water). Bring to a simmer then turn the heat down to as low as it will go and pop a lid on top. Cook for 15 minutes and then turn off the heat. Leave the lid on for a further 5 minutes then take it off and run a fork though the grains.



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Shop 52 Ellenbrook Central  
11 Main Street Ellenbrook

