



JERNEJ KITCHEN

BROCCOLI FRITTERS

Broccoli Fritters is a quick and simple recipe for the most delicious vegetarian main dish. Our kid loves these, and they are freezer-friendly.

SERVES	4	PEOPLE (12 FRITTERS)
PREPARATION:	20	MINUTES
COOK:	10	MINUTES
TOTAL TIME:	30	MINUTES

BROCCOLI FRITTERS

- 150 g (2/3 cup) quinoa
- 250 ml (1 cup) water, for quinoa
- 300 g (10.5 ounces) broccoli
- 60 g (1/2 cup) shredded cheese (Gouda, Cheddar)
- 3 tbsp all-purpose flour
- 1 egg
- 1 garlic clove
- 2 tbsp olive oil

TOOLS AND EQUIPEMENT

- sieve
- pot with a lid
- food processor (optional)
- large pan
- wire rack
- kitchen towel

COOK THE QUINOA

Add quinoa to a sieve and rinse under running water. Add to a saucepan and add the water. Place over medium heat. Cover with a lid and cook for 15 minutes. Using a fork, fluff the quinoa and set it aside to cool.

COOK THE BROCCOLI

Cut the broccoli into smaller pieces. Discard the hard parts (use them for soup). Place a pan over medium heat. Add about a cup of water (200ml) to cover 1 cm (1/2-inch) of the pan. Bring to a boil, and add the broccoli. Lower the heat, cover with a lid, and cook for 8 - 10 minutes or until the broccoli is cooked. Strain the broccoli and set aside to cool slightly.

FRITTERS

Add cooked quinoa, broccoli, shredded cheese, flour, an egg, and diced garlic to a food processor bowl. Season with salt and pepper. Pulz a couple of times to get a firm mixture that you can easily shape into a fritter. If the mixture is too dry, add two or three tablespoons of water.

TIP

[Feel free to use a food chopper or forks and a bowl to make the patties.](#)

COOK THE FRITTERS

Slightly grease your hands with oil. Divide the mixture into twelve parts and shape each piece into a patty. Place a large pan over medium-high heat. Add a tablespoon of olive oil and half of the fritters. Cook them 5 - 6 minutes on each side or until they are golden brown and delicious. Repeat the process with the rest of the fritters. Grease the pan with a tablespoon

of oil before adding a new batch. Transfer the cooked broccoli fritters to a wire rack lined with a paper towel.

SERVE

Divide the fritters between four plates. Serve with [Yogurt Ranch Dressing](#) and your favorite side dish.