



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

Sponsored 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.