

Quinoa balls with roast capsicum salsa (gluten free)

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We love these gluten-free quinoa balls from nutritionist Dorota Trupp.

Ingredients

Patties (makes 10)

- ½ cup [quinoa](#)
- ¾ cup of water
- 2 free-range eggs
- Salt, pepper
- 1 tbsp finely chopped parsley
- 1 tbsp grated cheese
- ½ onion, finely chopped
- 2 cloves garlic
- 50 g quinoa flour (from the health food store)
- Ghee or butter to cook the patties (use coconut oil if you like)

METHOD

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Soak the quinoa in three-quarters of a cup of water overnight, strain and measure the straining water. Wash the seeds and place into a pot and cover with the same amount of water you strained off it. Cover with a lid and bring to a low simmer. Cook until the seeds absorbed all the water and the bottom of the pot is very dry (approx. 25 - 30 minutes).

Inbetween, finely chop garlic, onion, and parsley. Add cooked quinoa, quinoa flour, eggs and grated cheese.

Add salt and pepper to taste.

Let stand for a few minutes so that they soak extra liquid.

Shape the mixture into medium-sized balls; lightly press each with your palms.

In a pan, heat the ghee.

Bake cakes for two to three minutes on each side, until they are a nice, brown colour.

Roast Capsicum salsa (serves 12)

The salsa can be pre-made and last in the fridge easily for up to 10 days and be warmed on the day.

- 2 roasted red [capsicums](#) (roast in the oven at 200 degrees for 30 minutes)
- ½ cup almonds
- 1 cup of tinned tomatoes
- 6 cloves roasted garlic (roast with the capsicum)
- Few sprigs of thyme (pick the leaves and use only these)
- Salt and pepper to taste
- 1 tbsp of smoked paprika
- ½ to 1 cup olive oil

METHOD

Process all ingredients except olive oil in a food processor until creamy.

Slowly stir in the olive oil until well emulsified.

Serve on top of the dry quinoa balls.

Recipe from [Dorota Trupp](#).

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