

Greek Quinoa Zucchini Fritters

Equipment	Ingredients
Electric hot plate	½ cup quinoa
Grater	¼ cup onion, diced
Measuring cups	1 teaspoon crushed garlic
Measuring spoons	3 cups grated zucchini
Chopping board	2 teaspoon dried oregano
Knives	1 teaspoon dried dill
Mixing spoon	½ cup flour
Mixing bowl	½ teaspoon baking powder
Saucepan	2 tablespoon lemon juice
Spatula	Salt and pepper to taste

How TO MAKE IT:

- 1 Combine the quinoa and 1 cup water in a saucepan and bring to the boil. Reduce heat to low, cover and simmer until cooked, about 12 minutes. Set aside and let cool.
- 2 Heat a medium frying pan over a medium heat and add the onion. Cook until soft, about 5 minutes. Stir in the garlic, oregano and dill. Set aside and let cool slightly.
- 3 Grate the zucchini. Place in a large bowl and squeeze out as much water as possible.
- 4 Place the grated zucchini back in the bowl and add in the cooked quinoa, onion and herb mixture, flour, baking powder, lemon juice and a generous pinch of salt/pepper.
- 5 Heat a hot plate to a medium-high heat and add a tsp or two of oil.
- 6 Place a large tablespoon of the zucchini mixture on the hot plate and let cook 3-4 minutes until golden brown, flip and cook another 2-3 minutes on the other side.
- 7 Cook the rest of the fritters and set on a platter to serve.

