

# KALE & QUINOA PATTIES

---

Serves 4

## **INGREDIENTS:**

140g quinoa  
500g hot vegetable stock  
100g kale stalks removed, leaves roughly chopped  
3 tbsp olive oil  
1 small onion finely chopped  
2 garlic cloves crushed  
75g fresh white breadcrumbs  
2 medium eggs beaten  
50g sundried tomatoes roughly chopped  
100g goat's cheese cut from a round log  
green salad to serve (optional)

## **For the Pesto:**

½ small pack basil leaves only  
½ small pack parsley leaves only  
2 garlic cloves crushed  
50g pine nuts toasted  
50g parmesan grated  
150g olive oil  
juice 1 lemon

## **DIRECTIONS**

---

Put the quinoa in a saucepan and pour over the hot stock. Simmer for 18-20 mins over a gentle heat until the grains have fluffed up and the liquid has disappeared. Remove from the heat and allow to cool. Meanwhile, bring a large saucepan of water to the boil. Add the kale and simmer for 6-8 mins until cooked through. Drain, squeeze out any excess water and set aside.

Put 1 tbsp olive oil in a small frying pan over a medium heat. Add the onion and cook for 2-3 mins until translucent. Add the garlic and cook for 1 min more. Tip the cooked quinoa into a bowl and add the kale, onion, garlic, breadcrumbs, egg and sundried tomatoes. Season well and mix to combine. Set aside.

To make the pesto, put the basil, parsley, garlic, pine nuts and Parmesan in a small food processor. Pulse, slowly pouring in the oil, until you have a thick pesto. Squeeze in the lemon juice to loosen, then set aside.

Gently heat 2 tbsp olive oil in a shallow frying pan. Using your hands, form the quinoa mixture into 8 round patties. Add to the frying pan and fry for 4-5 mins each side until crisp and golden.

Heat the grill to high and put a slice of goat's cheese on top of each patty. Place under the grill to brown and melt the cheese slightly – this will take a matter of seconds, so keep an eye on them. Top each patty with a generous spoonful of pesto and serve with some fresh green leaves, if you like.