



## Moroccan Quinoa Cakes

### What to collect

Ingredients	Equipment
2 cups cooked quinoa	saucepan
zest of 1 lemon	zester
4 tablespoons seeds (sunflower/pumpkin)	metric measuring cups/spoons
2 tablespoons currants	grater
1 carrot, grated	frying pan
½ cup baby spinach, shredded	scales
2 tablespoons parsley or mint, chopped	bowls, 1 large, 1 medium
1 tablespoon honey, warmed until runny	
4 tablespoons panko breadcrumbs	
100g feta	
4 eggs	
2 tablespoons olive oil	

### What to do

1. In a large bowl place cooked quinoa, lemon zest, seeds, currants, spinach, mint/parsley, honey, breadcrumbs and 3 tablespoons of spice mixture. Mix well.
2. In another bowl, beat eggs well and then add in crumbled feta and mash together with a fork. Season with salt/pepper.
3. Pour egg mixture into quinoa mixture and mix thoroughly. If the mixture is too wet, add a little more breadcrumbs.
4. Heat frying pan on medium heat and a little oil. Place tablespoonfuls of mixture into frying pan. (Do not overcrowd pan!) Cook for 4-5 minutes, till golden.