



Silverbeet Quinoa Cakes

What to collect

Ingredients	Equipment
2 ½ cups cooked quinoa, at room temperature	medium saucepan
5 large eggs	metric measuring cups/spoons
½ teaspoon sea salt	chopping board
1/3 cup fresh dill	knife
1 cup silverbeet, leaves only, finely chopped	frying pan
½ onion, finely chopped	mortar & pestle
2 cloves garlic, finely chopped	baking tray
1 teaspoon cumin seeds, toasted and ground	pastry brush
1 teaspoon baking powder	
1 cup bread crumbs	
1/3 cup crumbled feta	

What to do

1. To cook quinoa, rinse 2 cups of quinoa in a fine sieve for a few minutes.
2. Place quinoa in a saucepan with 3 cups of water and ½ teaspoon sea salt.
3. Bring to the boil, cover and decrease heat and simmer for 25-30 minutes, until quinoa is tender and you can see the little quinoa curlicues.
4. Preheat oven to 200C.
5. Toast cumin seeds in a dry frying pan and then crush in a mortar & pestle.
6. Combine the quinoa, eggs and salt in a medium bowl. Stir in the chives, dill, silverbeet, onion, garlic and cumin. Stir well.
7. Add the baking powder and breadcrumbs, stir and let sit for a few minutes so the crumbs can absorb some of the moisture.
8. Gently stir in the feta.
9. Form small cakes and place on a tray that has been brushed with oil.
10. Bake for 20 minutes, then flip cakes and bake for another 5 minutes.