Quinoa Balls

NIBBLEDISH CONTRIBUTOR

Ingredients

serving about 30 balls

- 1/2 red pepper
- 1 small potato
- 300g of quinoa
- 1 tsp of rusted curry powder
- 3 black olives
- 1 medium onion

- 5 tbsp of yeast flakes
- 2 slices of bread crumbs
- 3 tbsp of rice flour
- 1 and a half of water
- 2 tsp of salt
- 2 tsp of mustard
- oil

- corn meal for the (for the breading)

Instructions

Cook quinoa in water for about 15', while in a little pan cook the tin sliced potato and pepper with a drop of olive oil.

While you cook the whole, prepare in a bowl a mix of, tin sliced onion, curry powder, tin sliced black olives, yeast flakes, bread crumbs, rice flour, water, salt, mustard and a spoon of oil.

When the quinoa, pepper and the potato are cooked pour in the bowl and mix all, let stand for about 30'.

Now make balls and bread in the corn meal and place it in a large pan.
Pour a drop of oil on each ball.

Cook in oven for about 20' at 220°