Quinoa Green Moong Cutlet Recipe / Quinoa Patties



This quinoa green moong cutlet recipe / Quinoa patties / Green moong tikki is an innovative guilt free snack from my kitchen. I have some quinoa bags in my pantry so I thought of trying to make my own variation of quinoa patties along with green gram for binding, it came out so good. Quinoa and green moong dal, both are in super food list and they are rich in protein and good for weight loss. Even vegan can have it.

Quinoa cutlet is a healthy and nutritional rich snack. I wanted to make it with Indian twist. So I added some Indian

spices to rich the flavor of the cutlet. You can add mashed potato or sweet potato to the cutlet for binding. But in this quinoa green moong cutlet recipe, I used green gram for binding. You can have it in burgers or sandwiches. I had it with frankie roll. I will post the recipe soon.

Check cutlet recipes in my blog

1. Rajma Aloo Cutlet

2. Easy Oats cutlet recipe (oats tikki)

Preparation are very simple and the cutlets are great in texture and taste. You can have it as such for breakfast and it tastes great with green chutney or tomato ketchup. Your family will simply love it. Do try it out in your kitchen. Please do give your feedback in the comments below.

Check other Quinoa recipes in my blog

1. Quinoa Dosa
2. Quinoa Kuzhi Paniyaram
3. Quinoa Pesarattu
4. Quinoa Vegetable Biryani

Quinoa Green Moong Cutlet Recipe

Quinoa Green Moong Cutlet Recipe / Quinoa Patties



Save Print

Prep time
3 hours 15 mins
Cook time
20 mins
Total time
3 hours 35 mins

Quinoa Green Moong Cutlet Recipe / Quinoa Patties is an innovative guilt free snack, rich in protein and good for weight loss. It tastes great in sandwiches, burger and frankie. It goes well with tomato ketchup.
Author: Gayathri Ramanan
Recipe type: snacks
Cuisine: Indian
Serves: 5
Ingredients

- ½ Cup of Green gram dal
- 3 Tbsp of Quinoa
- 2 Tsp of Coriander powder
- ½ Tsp of Turmeric powder
- ¼ Tsp of Cumin powder
- ¼ Tsp of Chat masala
- 1 Tsp of Red chilly powder
- ¼ Tsp of Garlic powder
- 1 Tbsp of Rice flour
- 2 Tbsp of Fried Onions
- 1 Tsp of Lemon Juice

- Dash of Pepper
- Salt to taste
- Few Coriander Leaves, Chopped
- Oil for shallow frying

Instructions

1. Soak the green moong dal for 3 hours or overnight. Wash it for 3 times.
2. In a pressure cooker, add 1 cup of water, salt and cook both green gram and quinoa for 5 whistles or until it turns soft..(If excess of water, drain it and make soup out of it)
3. Transfer the dal and quinoa to a wide bowl, mash it well roughly..
4. Now add coriander powder, turmeric powder, red chilly powder, chat masala, cumin powder, coriander leaves, fried onions, garlic powder, lemon juice, salt, pepper and rice flour. Mix really well to form a dough. DO NOT ADD WATER.
5. Make a cylindrical shaped cutlets and slightly flatten it between your palms. Arrange everything in a seperate plate.
6. Heat a griddle or tawa, add a tsp of oil and place the cutlets. drizzle oil on them and roast them on medium heat until they are crisp and browned on both sides. Continue the same process with the remaining cutlets.
7. Serve the cutlet with tomato ketchup or green chutney.

Notes
You can add any veggies like carrot / beets / potato / peas to enhance the nutrition of the cutlet.
Adding lot of veggies might also make the cutlet soggy.
Change the shape of the cutlet to your kids preference.
You can also deep fry it for rich taste.
Dip it in bread crumbs before frying for crispy taste.
No garlic powder in your house, use some chopped garlic to it.
Add fresh chopped onions, instead of fried onions.
Adding rice flour for binding.



QUINOA PESARATTU RECIPE / THINAI PESARATTU



Quinoa Pesarattu Recipe / Thinai pesarattu / Foxtail Millet Pesarattu is a simply delicious and healthy south Indian breakfast dish loaded with lot of proteins and low in carbs. It goes well with tomato chutney or any chutney of your choice. I had it with coconut chutney. There are different kinds of quinoa available in market. Here I used Red Quinoa, you can also use white quinoa. This non fermentation dosa is prepared with quinoa and green moong dal spiced up with green chilly and ginger. You can have this pesarattu for both dinner or breakfast. Also check my other quinoa recipes – quinoa vegetable biryani, quinoa dosa, quinoa paniyaram

How to make Quinoa Pesarattu Recipe

QUINOA PESARATTU RECIPE / THINAI PESARATTU



Save Print
Prep time
8 hours
Cook time
30 mins
Total time
8 hours 30 mins

Quinoa Pesarattu recipe /Thinai (foxtail millet) pesarattu is a simple delicious and healthy south Indian breakfast dish loaded with proteins and low in carbs. It goes well with tomato or any chutney of your choice.
Author: Gayathri Ramanan
Recipe type: BRAKFAST
Cuisine: Indian
Serves: 8
Ingredients

- ½ Cup of Red Quinoa
- ½ Cup of Green Moong Dal
- 1 Inch of Ginger
- 2 Green Chilly
- 1 Tbsp of Rice Flour
- 1 Tsp of Roasted Cumin
- 1 Onion, Finely chopped
- Pinch of Asafoetida

- Salt to taste
- Few Coriander Leaves, Chopped
- Water as needed

Instructions

1. Soak both moong dal and quinoa in water for overnight.
2. Drain the water and wash it. Grind it into a fine paste along with ginger and green chilly.
3. Chop the onion. Add onion, rice flour, asafoetida, roasted cumin, salt and coriander leaves to the batter. Mix well.
4. The batter should neither be too thick nor too thin. It should be in dosa batter consistency.
5. Heat a dosa pan, take the laddleful of batter, pour it in the centre, spread it in a circular motion. Drizzle a tsp of oil around pesarattu. Flip it to the other side. Drizzle another tsp of oil to it.
6. Once cooked remove it from dosa pan. Repeat the same process for the rest of the batter.
7. Serve hot with any favourite chutney.

Notes
You can replace thinai (foxtail millet) in place of quinoa.
Use either red chilly or green chilly for spicy taste.



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Tags: quinoa pesarattu recipe, thinai pesarattu, foxtail millet pesarattu recipe, how to make quinoa pesarattu recipe, easy breakfast recipe, healthy dinner recipe, pesarattu recipe, quinoa recipes, quinoa breakfast recipe.

Quinoa Vegetable Biryani /

Indian Quinoa Recipes



Quinoa biryani / Quinoa vegetable biryani is a super healthy and quick to make dish with lots of protein, no starch and it is a gluten free. I followed the vegetable biryani recipe and added quinoa instead of rice. I know, this dish may not look good but it tasted delicious with nutty flavor and filling. Here I used red quinoa, you can also use white quinoa in this recipe. This quinoa biryani is good for weight watchers and

diabetic people. Serve this quinoa biryani with onion raita or plain yogurt and chips. (please refer note section for tips)

Also refer my other two Indian quinoa recipes

1. Quinoa Dosa
2. Quinoa Kuzhi Paniyaram

Quinoa Vegetable Biryani / Indian Quinoa Recipes



Save Print
Prep time
10 mins
Cook time
30 mins
Total time
40 mins

Quinoa vegetable biryani is a super healthy recipe with lots of protein and it is a gluten free dish. I followed the same vegetable biryani recipe and added quinoa instead of rice. Serve this quinoa biryani with onion raita and chips.
Author: Gayathri Ramanan
Recipe type: lunch
Cuisine: Indian
Serves: 2
Ingredients

- 3 Tsp of Cooking Oil

- 3 Cloves
- 1 Cinnamon
- 2 Cardamom
- ½ Tsp of Fennel Seeds
- Few Curry Leaves
- 1 Red Onion, Chopped
- 1 Green Chilly, Slit
- 2 Tsp of Ginger Garlic Paste
- 1 Tomato, Chopped
- 2 Tbsp of Yogurt
- 7 Mint Leaves, Whole
- ¼ Cup of Chopped Carrot
- ¼ Cup of Chopped Beans
- ¼ Cup of Peas (frozen)
- 2 Tsp of Coriander Powder
- 1 Tsp of Red Chilly Powder
- ½ Tsp of Garam Masala
- ½ Cup of Quinoa
- 1 Tbsp of Fried Onion (optional)
- ¾ Cup of Water or as needed (Refer your Quinoa bag)
- Salt to taste
- Coriander Leaves as needed

Instructions

1. Heat a pan with oil, when it is hot, add cloves, cardamom, cinnamon, fennel seeds, curry leaves, saute it for few secs, add onion and fry till it turns golden color.
2. Add green chilly and ginger garlic paste, fry for 2 mins until raw smell vanishes. Add tomato, fry till it turns soft and mushy.
3. Add mint leaves, coriander leaves, carrot, beans, peas, fry it for 2 mins.
4. Add coriander powder, red chilly powder and garam masala, fry it for a 2 mins.
5. Add yogurt, fry well for a min.
6. Add quinoa, mix well with masala and add water, salt and

fried onion, let it come to rolling boil, place the tight fitting lid and simmer it for 20 mins.

7. Remove it from heat and garnish it with coriander leaves and check for salt.
8. While serving, dig all the way to the bottom of the pot with a laddle to get a quick mix of masala and quinoa.
9. Hot, yummy quinoa vegetable biryani is ready to serve.

Notes

You can use any kinds of quinoa for biryani.

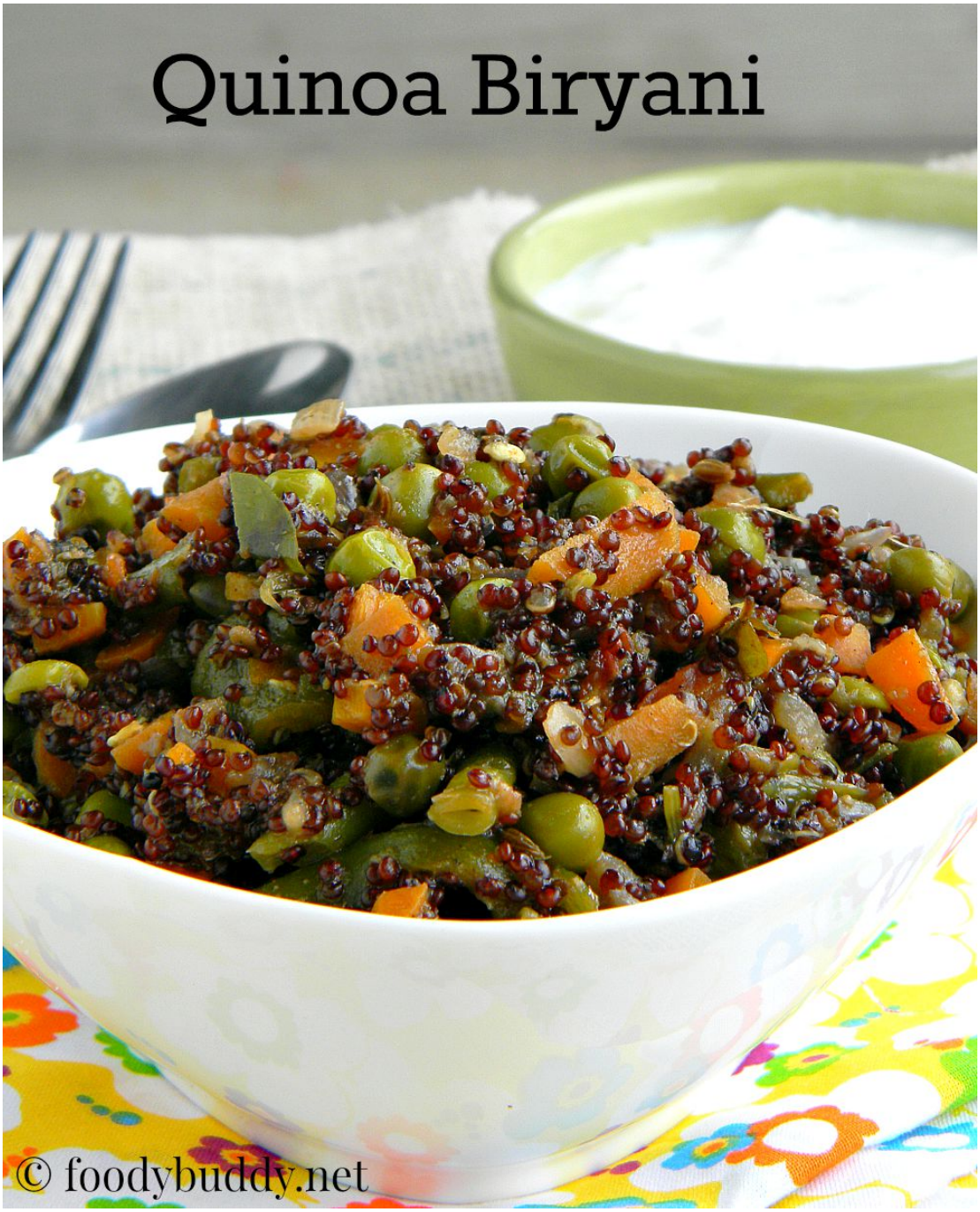
Fried onion is optional. Adding that gives you nice taste.

I didn’t soak my quinoa, if you want. You can soak it for 15 mins and then cook.

Please check your quinoa bag for the required amount of water. Usually it will be 2 cups of water for 1 cup of quinoa. Since I added veggies and yogurt, I used ¾ cup of water for ½ cup of quinoa.

Adjust the amount of spicy taste according to your taste buds.

You can reduce the amount of vegetables, I love vegetables so I added a lot.



Tags: quinoa biryani, quinoa vegetable biryani, quinoa vegetable biryani recipe, quinoa Indian recipes, quinoa recipes, quinoa rice, how to cook quinoa in Indian cooking, prepare indian style quinoa recipe, quinoa recipes, biryani recipes, weight losing recipes, diabetic recipes

Tags: Quinoa biryani, quinoa vegetable biryani, quinoa indian recipes, how to cook quinoa in Indian style, quinoa recipes indian