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

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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.


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