

MILLET PATTIES

INGREDIENTS

- 1 cup of cooked millet
- 2 Tbsp olive oil
- 1 onion
- 2 large carrots, grated
- 2 garlic cloves
- 1 tsp curry powder
- 2 handfuls of baby spinach
- 1 Tbsp yogurt or sourdough starter
- 1 large egg
- handful of fresh cilantro
- salt & pepper to taste

PREPARATION

1. Prepare all the ingredients, heat the oven to 180°C and cook 1 cup of millet in 2 cups of water with salt.
2. While the millet is cooking, heat a pan with olive oil, add finely chopped onion and garlic, carrots and curry powder. Cook for a few minutes until soft, then add spinach leaves, remove from the stove, cover and let it sit for a few moments.
3. In a big bowl mix the cooked millet with carrot mixture, egg, yogurt or sourdough and fresh cilantro. Add a bit of salt and pepper.
4. Prepare a tray with baking paper and with your hands form patties, evenly distributed on a tray (you might need 2 trays).
5. Bake for 15-20min or until nice and golden and the edges slightly crispy.