

Millet and vegetable patties (gluten free)

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Serve these healthy patties with some sour cream and a lovely green salad.

Ingredients (serves 4)

- 2 cups water
- 1 cup millet (see Tip)
- 1 medium carrot
- ½ zucchini, use 1 stalk of celery or ¼ of a [fennel](#) bulb as replacement
- 1 small red capsicum
- 1 medium sized onion, peeled
- 2 gloves garlic, peeled
- 2-3 tbsp chopped parsley
- 1 tsp of chopped herbs such as thyme, rosemary, oregano, etc. (optional)
- 1-2 pinches smoked paprika (optional)
- Salt, pepper
- 2 tbsp butter, use ghee or coconut oil as replacement

METHOD

Soak the millet in two cups of water overnight, strain and measure the straining water. Wash the grain and place into a pot and cover with the same amount of water you strained off it. Cover with a

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lid and bring to a low simmer. Cook until the seeds absorb all the water and the bottom of the pot is very dry (approx. 25 to 30 minutes).

Chop the onion and garlic very finely. Cut the capsicum in half, remove the core and dice it finely. Dice the carrot and zucchini (or celery) into a similar size as the capsicum.

Heat half the butter in a pan, add all the vegetables and cook on a medium heat for three to four minutes.

Mix in millet, herbs, paprika and season with salt and pepper and with a wooden spoon, work it all well together for approx. two to three minutes (this will make the millet sticky and when roasting later, the patties won't fall apart).

Let the mix cool to room temperature.

To make the patties, wet your hands a little and mould 12 little patties with your hands (you can use a cake cutter to shape them).

To cook the patties, heat the remaining butter in a pan on a medium heat.

Cook the patties on each side for approx. three to four minutes until they are golden brown.

You can cook the patties in the oven as well.

To do this, heat your oven to 200 degrees, grease an oven tray with the butter, place the patties onto it and bake for 12 to 15 minutes in the oven.

Recipe from [Dorota Trupp](#).

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