



Quinoa Patties

with Arugula & Green Goddess Yogurt



30-40min



2 Servings

Green goddess dressing, that unctuous green dressing drizzled over lettuce or sprouts, is usually made with mayonnaise. We made ours with creamy Greek yogurt and a fragrant combination of tarragon and parsley. If you can, try grating your garlic, as it'll give the dressing a little bite without any overpowering pieces. The quinoa patties have a lovely brightness thanks to lemon zest. Cook, rela...

What we send

- fresh parsley
- quinoa
- scallions
- fresh tarragon
- lemon
- clove garlic
- cornstarch
- baby arugula

What you need

- 1 large egg
- coarse salt
- freshly ground black pepper
- olive oil

Tools

- fine-mesh sieve
- nonstick skillet
- rimmed baking sheet
- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 480.0kcal, Fat 17.8g, Proteins 16.4g, Carbs 57.7g



1. Cook quinoa

Rinse quinoa in a fine-mesh sieve. Place in a small saucepan with 1 cup water and a pinch of salt. Bring to a boil, reduce heat to simmer, cover, and cook until water is absorbed and quinoa is tender, 20 minutes. Spread out on a rimmed baking sheet to cool.



4. Make patties

Place quinoa, lemon zest, cornstarch, remaining scallion and parsley, 1 large egg, 1 teaspoon salt, and a few grinds of pepper in a large bowl and mix to combine. Drop about 18 heaping tablespoons of the mixture onto a rimmed baking sheet. Use damp hands to roll them into balls then flatten into patties.



2. Prep ingredients

Meanwhile, trim scallions and finely chop. Pick parsley and tarragon leaves from stems and finely chop leaves separately. Zest and juice lemon. Peel and finely chop or grate garlic.



5. Brown patties

Heat 1 tablespoon oil in a large nonstick skillet over medium. Add quinoa patties and cook for 3–4 minutes each side, or until golden and warmed through.



3. Make yogurt

To a medium bowl, add yogurt, garlic, tarragon, 2 tablespoons lemon juice, 1 teaspoon salt, 3 tablespoons water, and half of the finely chopped parsley and scallions. Stir until combined.



6. Dress salad

Add remaining lemon juice and 2 teaspoons oil to arugula and season with salt and pepper. Serve quinoa fritters over the arugula with yogurt on the side. Enjoy!