



**MORGENSTER**

FOUNDED 1711



WINE AND OLIVE ESTATE

## ***QUINOA AND BUTTERNUT PATTIES***

*RECIPE 61/98*

### **What you will need:**

15ml **Morgenster Extra Virgin Olive Oil**

1 onion, finely chopped

375ml quinoa

500ml water

2 medium potatoes, peeled and cubed

250g butternut, peeled and cubed

2 discs of feta, crumbled

15ml harissa paste

250ml chopped fresh coriander

60ml flour

salt and pepper

250ml Panko bread crumbs

oil, for frying

**FLOS  
OLEI  
2014**

**MORGENSTER**  
EXTRA VIRGIN OLIVE OIL  
**AWARDED 98%**  
**1 OF 11 WORLDWIDE**

### **How to prepare:**

Heat the oil in a saucepan and fry the onion until soft, 5-10 minutes.

Stir in the quinoa and water, bring to the boil, cover with the lid, turn down the heat and simmer for 15-20 minutes. Stir occasionally.

When done, switch off the heat and allow the quinoa to cool in the pot, with the lid on.

Meanwhile, boil the potatoes and butternut in salted water until soft.

Drain and return to the pot to the stove over low heat. Stir until most of the moisture has evaporated.

Mash and add to the quinoa with the feta, harissa, coriander and flour. Season with salt and pepper.

Form into 12 patties, dip in the bread crumbs and refrigerate for at least an hour.

Heat some olive oil in a frying pan and fry the patties, in batches, until golden on both sides.

Recipe supplied by The Star, Angela Day.

### **Wine pairing suggestion:**

Henry Kotze, Morgenster Wine Maker suggests pairing our Nu Series Sauvignon Blanc 2014 with this Morgenster Recipe.