

Quinoa & Cheese Balls



Calories/s

322

Prep time

10 min

Servings (s)

4 (4 per serving)

cook time

15-20 min

Method:

- In a large pan, add olive oil (medium heat).
- Add onion and cook until soft. Add garlic and mushrooms. Sauté 5-8 min or until soft. Remove from heat and allow to cool.
- Preheat oven to 200°C and line a baking tray with baking paper, add 1 cup cooked quinoa and mushroom mixture to a blender. Then empty into a bowl.
- Add the eggs (or almond flour) and the remaining ¼ cup of quinoa, add spices and cheddar cheese. Mix properly.
- Scoop out and roll into 16 meatballs, place onto the baking tray and bake for 25-30 min.

You need:

- 1 ¼ cup quinoa (cooked)
- 2 tbsp olive oil
- 1 large onion (chopped)
- 2 garlic cloves (minced or pressed)
- 100g mushrooms (chopped) any type you prefer)
- ¼ tsp salt
- ¼ tsp pepper
- 2 eggs
- Spices (mixed herbs, chili flakes)
- 120g cheddar cheese

Nutrition Facts

Serving Size	per meal
	Per serve
Energy	1347 kJ
	322 kcal
Protein	14.36g
Carbohydrates	20.40g
Sugar	2.20g
Fat	20.67g
Saturated Fat	9.183g
Trans Fat	0.330g
Polyunsaturated Fat	1.945g
Monounsaturated Fat	8.334g
Cholesterol	140mg
Fiber	2.0g
Sodium	328mg
Potassium	336mg