

# **Quinoa - Panir Burgers**

*Makes 10 burgers*

Gluten Free

## Step 1

- 1 tablespoon ghee
- 1 tablespoon Pitta Spice Mix
- 1/2 cup (125 ml) zucchini, finely chopped
- 1 stalk celery, finely chopped

## Step 2

- 1/2 cup (125 ml) quinoa, washed
- 1 cup (250 ml) water
- 1/2 teaspoon salt

## Step 3

- 6 ounces (180 g) grated panir
- 1/3 cup (80 ml) minced fresh parsley
- 2 tablespoons arrowroot or cornstarch
- 1-2 tablespoons water, if necessary
- Ghee for frying

**1.** Heat the ghee in a skillet. Add Pitta Spice Mix, zucchini, and celery and sauté over medium heat for 10 minutes.

**2.** Add quinoa, water, and salt, and bring to a boil. Cover and simmer on low heat for 20 minutes. Let it cool to room temperature.

**3.** Add panir, parsley and arrowroot or cornstarch into quinoa and mix well with a spoon. If the mixture is too dry add one or two tablespoons water. In a large cast iron or other nonstick frying pan, heat 1 tablespoon ghee. Shape the mixture into burgers and fry them on both sides until they are brown. Leave enough space between the burgers so that you can easily flip them. Repeat with the second batch. Serve with Green Bean Salad and Cilantro-Coconut Chutney.