



Recipe Name: **AMARANTH PATTY**

Ingredients:

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|---------|-----------------|
| 5.3 oz. | Amaranth |
| 8.5 oz. | Vegetable stock |
| 3.5 oz. | Carrots |
| 3.5 oz. | Low fat yoghurt |
| 1 | Egg |
| ½ Tsp. | Nutmeg (ground) |
| 1 Tbsp. | Curry powder |
| | Salt |
| | Pepper |
| 1 Tbsp. | Canola oil |
| | Breadcrumbs |

Steps to follow:

Heat up the amaranth in a medium-size pan at medium-high heat while stirring until the seeds are cracking.

Add the vegetable stock. Finely grate the carrots. Add the amaranth, low fat yoghurt and egg to the carrots. Season with nutmeg, curry, salt and pepper. Add as much breadcrumbs you need to form 4 large patties. Fry the patties in hot canola oil on both sides until golden brown.

Use with vegetarian hamburgers or combine with salads and raw vegetables.