

Garlic Cauliflower Couscous & Quinoa Fritters

simple
healthy
delicious

Ingredients

- $\frac{3}{4}$ cup + 2 tablespoons vegetable stock
- $\frac{1}{2}$ cup Nature's Earthly Choice™ Couscous & Quinoa Medley
- 2 cups cauliflower rice
- 1 egg
- 1 cup shredded Parmesan cheese
- $\frac{1}{2}$ cup breadcrumbs
- 2 tablespoons minced garlic
- $\frac{1}{2}$ teaspoon ground black pepper
- 1 teaspoon dried oregano
- Oil for frying
- Flour for dusting

Directions

1. Bring stock to a boil and add the couscous and quinoa. Reduce heat, cover, and simmer for 15 minutes.
2. In a large bowl, combine the cooked couscous and quinoa, cauliflower rice, egg, Parmesan, breadcrumbs, garlic, pepper, and oregano.
3. Form the mixture into 3-inch patties. Dip each side in flour, and fry in a pan over low heat until light golden brown. (Avoid high heat frying to prevent the patties from sticking to the pan). Serve with plain yogurt or sour cream.

