

Glutensiz Sebzelı Köfte

Delicious gluten-free vegetable meatballs made with quinoa, carrots, zucchini, and potatoes. Crispy outside, tender inside. Perfect healthy dinner.

10 min

HAZIRLIK

15 min

PIRME

25 min

TOPLAM

4

PORSİYON

Medium

ZORLUK

Glutensiz Sebzelı Köfte

Malzemeler

- 1 carrot
- 1 zucchini
- 1 potato
- 1 egg
- 1 cup quinoa
- 1 sprig parsley
- 1 sprig dill
- 2 cup sunflower oil

Yapılışı

- Prepare the vegetables**

Peel and dice the carrots, zucchini, and potatoes into 1-inch pieces. Bring a large pot of salted water to a boil over high heat.
- Add the diced vegetables to the boiling water and cook for 12-15 minutes until fork-tender when pierced with a knife.
- Drain the vegetables completely in a colander and let cool for 10 minutes. Using the large holes of a box grater, grate all the cooled vegetables into a large bowl.
- Make the mixture**

Add 1 cup cooked quinoa to the grated vegetables. Finely mince 1 sprig fresh parsley and 1 sprig fresh dill, then add to the bowl.
- Beat 1 egg in a small bowl, then pour over the vegetable mixture. Season with salt and pepper to taste.
- Mix everything together with your hands until well combined and the mixture holds together when squeezed. Let rest for 5 minutes to allow flavors to meld.
- Shape and fry the köfte**

With damp hands, form the mixture into 16-20 walnut-sized balls, each about 1.5 inches in diameter.
- Heat ¼ inch of oil in a large frying pan over medium-high heat until it reaches 175°C (350°F), or until a small piece of the mixture sizzles when dropped in.
- Fry the köfte in batches of 6-8 pieces for 3-4 minutes per side until golden brown and crispy all over. Transfer to paper towels to drain excess oil before serving.

?puçlar?

Ensure vegetables are completely cooled before mixing to prevent the egg from cooking prematurely and creating a sticky mixture.

Pat grated vegetables dry with paper towels to remove excess moisture, which can make meatballs fall apart during cooking.

Test fry one small meatball first to check seasoning and binding—adjust salt or add more quinoa if the mixture seems loose.

Keep your hands slightly damp when shaping meatballs to prevent sticking and achieve smooth, uniform shapes.

Don't overcrowd the pan when frying—cook in batches to maintain oil temperature and ensure even browning.

Use a small ice cream scoop or spoon to portion meatballs for consistent size and even cooking times.

Let meatballs rest for 2-3 minutes after shaping before cooking to help them hold their shape better in the pan.