



## quinoa and chia arancini

*These little balls of goodness are crispy and golden on the outside and irresistibly melty in the centre. They make great party nibbles and the mixture can be prepped and frozen ahead of time.*

MAKES 15 TO 20 BALLS

2 x 250 ml (2 cups) cooked and cooled quinoa  
 250 ml (1 cup) chia seeds  
 250 ml (1 cup) grated Parmesan  
 125 ml (½ cup) finely chopped fresh basil  
 125 ml (½ cup) finely chopped fresh parsley  
 80 ml (⅓ cup) finely chopped fresh chives  
 Zest of ½ lemon  
 Salt and black pepper  
 1½ blocks Brie (or your choice of cheese for the centre; mozzarella is also really delish here), cut into 1 cm cubes  
 1.5 litres oil for deep-frying

1. Place the quinoa, chia and Parmesan into a large bowl, then mix roughly to combine.
2. Divide the quinoa chia mixture in half, and blitz one half together with the herbs and lemon zest until it reaches a sticky, green dough consistency.
3. Add the blitzed-up quinoa 'dough' to the other half of the quinoa chia mixture in the mixing bowl, add salt and pepper and combine the mixture by kneading together with your hands.
4. Once the mixture is well combined and a good rolling consistency (not too sticky), weigh out 20–25 g pieces of the quinoa dough, roll it into a ball and flatten it on the palm of your hand. Place a cube of Brie in the centre and seal it in by folding the quinoa dough around it, and then rolling it into a ball about the size of a golf ball.
5. Pour the oil into a pot and get it onto the stove to heat up. You want to get this super hot for frying.
6. Roll the rest of the quinoa balls while the oil is heating up.
7. Pop a bit of dough into the oil to test the heat. If it bubbles and fries straight away the oil is ready; if the bit of dough sinks to the bottom the oil is not hot enough.
8. Once you have super hot oil, pop the rolled quinoa balls into the hot oil and deep-fry until they are beautiful and golden. Remove from the oil and leave to stand on some paper towel to blot off the excess oil.
9. Absolutely delicious served immediately with tomato, chilli and ginger jam or sticky onion marmalade and a sprinkle of chopped fresh flat-leaf parsley.

*Freeze the unfried balls, then when ready to use, leave them out of the freezer for about two hours or take them out of the freezer in the morning for use that evening. Make sure that they are properly thawed before you fry them.*