

BREAKFAST/BRUNCH/LUNCH/DINNER
Exclusive Recipe

Quinoa, Broccoli & Tuna Fritters

This is a lovely brunch classic, that actually works perfectly for any meal! You can have this after 2pm, as the quinoa is a complex carbohydrate and is also packed with protein along with the tuna fish and eggs.

300g broccoli, cut into florets
5 tbsp wholemeal or spelt flour
3 large eggs
250g pack ready to heat quinoa, cooked
2 x 120g cans tuna in spring water, flaked
50g reduced-fat feta, crumbled
2tbsp chopped fresh chives, plus extra
2tsp
2tbsp chopped fresh mint, plus extra
2tsp
Zest 1 lemon
Spray olive oil
1 cucumber, halved lengthways, sliced
80g mixed salad leaves
75g radishes, thinly sliced
125g Greek yogurt
Lemon wedges, to serve



- Cook the broccoli in a pan of boiling water until just tender. Drain, refresh under cold running water and squeeze out any water, then chop coarsely.
- Put the flour in a large bowl, add the eggs and whisk until smooth. Add the quinoa, broccoli, tuna, feta, 2tbsp chives, 2tbsp mint and half the zest. Season with black pepper and stir to combine.
- Spray a large non-stick frying pan with oil and set over a medium heat. Add 4 dollops (each about 3 rounded tbsp) of mixture to the pan, and cook for 3–4 min on each side or until golden and cooked through. Repeat to make 16 fritters.
- For the salad, combine the cucumber, salad leaves and radishes in a salad bowl. Mix the yogurt with the extra chives, mint and remaining zest. Serve the fritters with the salad, yogurt dressing and lemon wedges for squeezing over.