

## Kinoa pljeskavice (polpete) - vegan, posno

veganske pljeskavice, u divnoj kombinaciji kinoa, batata i spanača. Super zdravo (peče se u rerni bez ulja), a preukusno i toplo, a i hladno. I ako niste neki ljubitelji kinoa, probajte, ovo vas može preobratiti (kao što je mene). Ukoliko vam batat (slatki krumpir) nije pri ruci, zamenite ga za šargarepom (mrkvom).

Sastojci  8 osobe

1 šolja = 250 ml (ili 1 cup)

- 1 i po šolja kuvane kinoa
- 2 kašike laneno seme (mleveno)  
ili 2 jaja da povežu smesu
- 1/2 šolje ovsene pahuljice (samlevene u brašno)  
ili drugog brašna po želji
- 1 šolja seckanog spanača (ili zelja)
- 1/2 šolje rendanog batata (slatki krumpir)  
ili rendane mrkve (šargarepa)
- 1/4 šolje sušeni paradajz (sitno iseckan)
- 1/4 šolje suncokretovo seme
- 1/4 šolje seckanog svežeg bosiljka
- 1 veći sitno seckani crni luk
- 1 čene beli luk (češnjak) sitno iseckan
- 1 kašika susam paste (tahini) ili ulja
- 1 kašika ocat (sirće)
- 1 kašika origano
- 1/2 kašičice so
- ljute paprike po želji



 50m in  Jednostavno

### Priprema

1. Skuvajte kinou (dobro je isperete nekoliko puta, i kuvate u razmeri 1 šolja kinoa na 1.5 šolja vode da vri polagano poklopljeno 15ak minuta dok većina vode ne upije. Onda je sklonite sa ringle, promešate viljuškom i ostavite polopijeno još 5 minuta da upije ostatak vode). Od 1 šolje sirove kinoa se dobije oca 2.5 šolje skuvane.
2. pomešajte 2 kašike mlevenog lanenog semena sa 6 kašika vode i ostavite da ostoji 5 minuta. Ta smesa služi da spoji poplete, možete koristiti 2 umućena jaja umesto toga.
3. pomešati sve sastojke zajedno i od njih oblikovati male poplete (pljeskavice). smesa nije jako čvrsta u ovoj fazi (pogotovo kada iseckate kelj na krupno kao što sam ja - vidite sliku), ali nema veze, ukus je tu. :)
4. nepačene polpete izgledaju ovako u plehu

# J S C 2014 Science Posno

**Christian G. Meyer**



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