

Gluten Free Vegetable Meatball

Healthy gluten-free vegetable meatballs made with carrots, zucchini, potatoes, quinoa and fresh herbs. Easy 25-minute vegetarian recipe perfect for dinner.

10	15	25	4	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

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Ingredients

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

Instructions

- 1 Cook the Vegetables**

Bring a large pot of salted water to a rolling boil over high heat. Add the carrots, zucchini, and potatoes and cook for 8-10 minutes until tender when pierced with a fork but still holding their shape. Drain thoroughly in a colander and let cool for 10 minutes.
- 2 Prepare the Base Mixture**

Using the large holes of a box grater, grate the cooled vegetables into a large mixing bowl. Add 1 cup cooked quinoa, the beaten eggs, 1 sprig fresh parsley (finely chopped), and 1 sprig fresh dill (finely chopped).
- 3 Season the mixture with salt and pepper to taste. Using clean hands, gently mix all ingredients until well combined and the mixture holds together when squeezed in your palm.**
- 4 Shape the Meatballs**

Dampen your hands with water to prevent sticking. Form the mixture into 16-20 golf ball-sized portions, rolling gently between your palms. Place on a large plate and refrigerate for 10 minutes to help them hold their shape.
- 5 Cook the Meatballs**

Heat 2 tablespoons oil in a large non-stick frying pan over medium heat (160°C/320°F). Working in batches to avoid overcrowding, carefully add the meatballs to the hot oil.
- 6 Cook the meatballs for 3-4 minutes per side, turning carefully with a spatula, until golden brown and crispy on all surfaces. Transfer to a paper towel-lined plate to drain excess oil and serve immediately while hot.**

Tips

Drain the boiled vegetables thoroughly and let them cool before grating to prevent excess moisture from making the mixture too wet.

Grate the vegetables using the large holes of a box grater for the best texture - too fine and they'll become mushy, too coarse and they won't bind well.

Test the mixture by forming a small patty and cooking it first - this allows you to adjust seasoning or add more binding ingredients if needed.

Keep your hands slightly damp when forming the meatballs to prevent the mixture from sticking to your palms.

Don't overcrowd the pan when frying - cook in batches to ensure even browning and prevent steaming.

Let the meatballs rest for 10-15 minutes after forming to allow the ingredients to bind together before cooking.

Use a cookie scoop or small ice cream scoop to portion the mixture for uniformly sized meatballs that cook evenly.

Add salt to taste only after combining all ingredients, as the vegetables and quinoa will absorb flavors differently once mixed.