



## BODIcafé Millet Patties

**Makes 12**

**Prep + cooking time - 1hr 15min**

### Ingredients

- 2 cup BODIcafé cooked Millet (millet must be cold)
- 1 cups diced red peppers
- 1 cup frozen corn kernels
- 1 large onion chopped finely
- 1 tbsp crushed garlic
- 2 dry chillies
- 1 tbsp chicken stock
- ½ tsp paprika
- 100ml olive oil
- 2 eggs
- 3-6 tbsp brown bread flour or
- 2 tbsp rice flour
- Salt to taste if necessary

### Method

1. Heat oil in a saucepan over medium heat
2. Add onion and cook until translucent
3. Add garlic and cook for 2 min, add peppers, corn kernels, chicken stock, dry chilli and paprika and cook for 10-15 min until flavours combine
4. Remove from stove and allow to cool
5. Combine the corn mixture with the millet
6. Add egg and mix through
7. Add flour if mixture is too soft to make a ball
8. Make balls and shape in the form of a small patty
9. Roll on bread crumbs and fry in low olive oil until golden brown