

Bites

Dumplings, patties, and balls.

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Beef Rissoles

Ingredients

- 500g / 1lb ground beef
- 1 onion, grated
- 1 carrot, grated
- 1 cup breadcrumbs
- 1 egg
- 1 tbsp Worcestershire sauce
- 1 tbsp garlic
- 1 tbsp dried herbs of choice
- 1/2 tsp salt
- 1/2 tsp pepper

Method

1. Mix all together, form into rissoles, and roll in breadcrumbs.
2. Fry on medium heat.

Notes

Makes 8.

Breakfast Muffins

Ingredients

- 6 eggs
- 1 cup bacon bits, fried
- 1 cup grated cheese
- 1-2 cups other mix-ins, e.g.:
 - 1 cup chopped hard-boiled egg
 - 1/2 cup chopped fresh tomato
 - 1/2 cup chopped fresh herbs
 - 1/2 cup kalamata olives
 - 1/2 cup chopped capsicum
- 1/2 cup self-raising flour
- 1/2 cup milk
- salt, pepper, and dried herbs to taste

Method

1. Preheat oven to 200C / 400F.
2. Mix flour and milk.
3. Add eggs and whisk well.
4. Stir in bacon, cheese, and mix-ins.
5. Fill muffin pan and sprinkle salt, pepper, and herbs on top.
6. Bake 12 minutes.

Broccoli Gems (Cheesy Broccoli Tots)

Ingredients

- 1 head of broccoli
- 1 potato
- 1/2 cup grated parmesan
- 1 tsp minced garlic
- 1 egg

Method

1. Grate the potato and broccoli including stem.
2. Add cheese, garlic, and egg, and mix together well.
3. Shape into tot shapes, place on greased baking tray, and bake approximately 15 minutes at 180C / 350F.

Notes

Makes approximately 24.

Carrotballs (?????????????)



Ingredients

- 1kg / 2lb carrots
- 1 onion
- 2 cups breadcrumbs
- 1/4 cup olive oil
- 2 tbsp dried oregano
- 3 tsp minced garlic
- 2 tsp turmeric
- 1 tsp salt
- 1 tsp pepper
- 1 tsp fennel seed

Method

1. Preheat oven to 200C / 400F.

2. Peel and slice the carrots to about 1", then toss with olive oil, garlic, turmeric, salt, pepper, and fennel.
3. Place in a single layer on a baking tray and cover with aluminium foil. Bake for 30-40 minutes. Set the bowl aside but don't wash it.
4. Return the carrots to the bowl along with finely-chopped onion, oregano, and breadcrumbs, and blend with a stick blender.
5. Refrigerate for at least one hour, or up to five days.
6. Roll into golfball-sized balls and bake for 30 minutes at 180C / 350F.

Notes

Makes 20-24 carrotballs.

Chicken Nuggets

Ingredients

- 500g / 1lb chicken breast fillets
- 1/4 cup breadcrumbs + more for breading
- 1/4 cup milk
- 1/4 tsp pepper
- 1/4 tsp onion powder
- flour
- 3-ish eggs
- 1 tsp paprika
- panko crumbs

Method

1. Finely dice the chicken fillets. It is easier if you begin when they are still slightly frozen.
2. Mix chicken with 1/4 cup breadcrumbs, milk, pepper, and onion powder.
3. Take a small, nugget-sized amount of chicken mixture, roll into a patty sort of shape, and then dip in flour, then egg, then a mixture of half panko and half normal breadcrumbs. Repeat until you have used all the chicken mixture.
4. Place in a single layer on a greased baking tray and bake approximately 15-20 minutes until cooked through.

Notes

Makes approximately 24 nuggets.

Eggplant Rissoles

Ingredients

- 1 eggplant
- 1 onion
- 1 can cannellini beans
- 1 1/2 cups breadcrumbs
- 2 tsp minced garlic
- 1 tsp parsley

Method

1. Finely chop the onion and sauté with garlic and diced eggplant until the eggplant is browned.
2. Add parsley, cover with water, and simmer until the eggplant is tender.
3. Mash eggplant with the beans, and then mix in 1 cup of breadcrumbs.
4. Form into balls, roll in the remaining breadcrumbs, and bake until crusted.

Falafels

Ingredients

- 1 tin of chickpeas
- 1/2 an onion
- 1 cup fresh parsley
- 2 tsp garlic
- 1 tsp cumin
- 1 tsp cardamom
- 1/2 tsp pepper

Method

1. Drain and rinse chickpeas, then add to blender with chopped onion, parsley, and spices.
2. Blend until the mixture resembles sand.
3. Form into balls or patties and place in a single layer on a tray.
4. Bake for 15 minutes (or 20 if from frozen) at 180C / 350F, and then flip and bake another 15 minutes.

Notes

To meal prep, freeze the falafels in their single layer on the tray before adding them to a freezer bag.

Makes 8-10 falafels.

Fish Patties

Ingredients

- 1 large can of salmon or tuna
- 1/2 cup panko bread crumbs
- 1/2 onion, finely chopped
- 1/2 capsicum, finely chopped
- 1/4 cup aquafaba
- 1 tbsp flour
- 2 tsp lemon juice
- 1 tsp minced garlic
- 1 tsp dill
- 1/2 tsp paprika

Method

1. Mix all ingredients together.
2. Form into patties.
3. Chill.
4. Fry.

Korean Rissoles (?? ???)

Ingredients

- 250g / 1/2lb minced beef
- 125g / 4oz tofu
- 1 small onion
- 1 small carrot
- 2 tsp minced garlic
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 eggs, whisked
- 1/2 cup flour or Korean pancake mix

Method

1. Finely chop the onion and grate the carrot, then add to a bowl with minced beef, crumbled tofu, salt and pepper, and mix well with hands.
2. Shape the mixture into bite-sized patties, dredge in flour and then egg, and fry in a heated, oiled pan.

Leek and Fennel Fritters (???????????)



Ingredients

For the Filling

- 3 leeks
- 1 onion
- 3 cups chopped greens, such as spinach, dill, celery leaves, fennel leaves, et cetera
- 2 tsp dried parsley
- 2 tsp dried fennel seeds
- 1/2 tsp salt
- 1 tsp sugar

For the Dough

- 3 cups flour
- 1 cup water
- 3 tbsp olive oil
- 1 tbsp white vinegar
- pinch of salt

Method

1. Halve and finely slice the onion and the whites of the leeks, and then sauté until soft
2. Add salt and sugar, turn heat to low, and cook 20-30 minutes until caramelised
3. Add finely chopped greens and dried herbs and cook until just wilted.
4. Mix together all the dough ingredients and kneed 4-5 minutes until smooth.
5. Divine dough into 12-14 portions, roll into balls an press into a flat circle. Put 1tbsp of filling in the centre, pinch of the sides into a bundle, and then carefully roll flat again.
6. Fry in oil on a frying pan until lightly browned on both sides.

Variations

You can use pre-made filo instead of the dough and make filo pillows: place 4-5 tbsp filling on 2-3 fresh filo sheets, and fold into pillows. This will make five filo pillows.

Meatballs

Ingredients

- 500g / 1lb minced beef
- 1 egg
- 1/2 cup breadcrumbs
- 1 tbsp parsley
- pinch of pepper

Method

1. Combine all and squidge together until well-mixed.
2. Shape into balls and fry.

Pumpkin and Lentil Rissoles

Ingredients

- 1 butternut pumpkin
- 1 can of lentils
- 1 cup of green beans
- 1/2 cup flour or Korean pancake mix
- 1 tsp ground cumin
- 1 cup breadcrumbs

Method

1. Steam and mash the pumpkin, and then mash the lentils into it.
2. Chop the beans very small and stir them in.
3. Shape the mixture into rissoles and roll in breadcrumbs.
4. Fry until cooked through.

Savoury Pumpkin Muffins

Ingredients

- 2 cups flour
- 1 1/2 cups pumpkin purée
- 1 cup cubed pumpkin, lightly roasted with oil and paprika
- 1 cup grated cheese
- 1 cup vegetable stock
- 1/2 cup olive oil
- 1 handful spinach, chopped
- 1 tbsp parsley
- 2 tsp basil
- 1 tsp thyme
- 1 tsp oregano
- 1 tsp black pepper

Method

1. Preheat oven to 180C / 375F.
2. Whisk together flour and herbs.
3. Whisk together pumpkin, stock, and oil.
4. Add wet ingredients to dry and mix until just combined.
5. Fold in roasted pumpkin and cheese.
6. Fill muffin tray and bake for 20 minutes.

Spinach Slice (?????????????)



Ingredients

- 500g / 20oz spinach leaves (two bags)
- 2 bunches of green onions (10-15 bulbs)
- 1/4 cup fresh dill or 2 tsp dried
- 1/4 cup fresh parsley or 2 tsp dried
- 1/4 tsp salt
- 1/4 tsp pepper
- 2-3 baked potatoes
- 4-5oz/150g filo sheets
- olive oil

Method

1. Preheat the oven to 180C / 350F.
2. Finely chop the green onions and sauté in olive oil until soft.

3. Add chopped spinach, salt, pepper, dill, and parsley, and sauté until wilted, and then remove from the heat.
4. Peel and roughly mash the baked potato with a fork, and then add to the spinach mixture.
5. Line one 9"x14" baking pan with paper, then place one or two filo sheets on the bottom. Brush with oil, and add another one or two; repeat the process 2-3 more times or until half the filo sheets are used.
6. Spread the spinach mixture on top, then repeat the filo layering process with the remaining filo sheets.
7. Cut into squares; this makes about 12 pieces.
8. Bake 20-30 minutes until golden brown on top.

Stuffed Vine Leaves (N ?????????)

Ingredients

- 1 cup dry rice
- 1 onion
- 1/2 cup slithered almonds
- 1 cup parsley
- 1/2 cup lemon juice
- canned vine leaves

Method

1. Finely chop the onion and sauté until it is translucent.
2. Rinse the rice and add it to the onions, and sauté for another minute.
3. Add almonds, lemon juice, and two cups of water, and then simmer until the water is absorbed.
4. Add parsley, salt and pepper to taste.
5. Fill and wrap the vine leaves, layer in a steamer and steam.

Thai Veggieballs

Ingredients

- 1 can chickpeas
- 1 can water chestnuts
- 300g tempeh or firm tofu
- 1 onion
- 2 carrots
- 1 cup basil leaves
- 1 cup mint leaves
- 2 cups breadcrumbs
- 2 tbsp sweet chili sauce
- 2 tbsp minced ginger
- 2 tbsp minced garlic
- 2 tbsp soy sauce

Method

1. Preheat the oven to 150C / 300F.
2. Drain the chickpeas and water chestnuts.
3. Chop the tofu and the onion, and grate the carrots.
4. Blend all the ingredients together until it forms the texture of mince.
5. Form into balls, roll in breadcrumbs, and bake until brown and crisp on the outside.

Walnut-Chickpea Burgers

Ingredients

- 1 cup walnuts
- 1 can chickpeas
- 1 cup cooked couscous
- 3 tbsp English mustard
- 3 tbsp soy sauce
- 2 tbsp tomato paste
- 2 tsp paprika
- 2 tsp onion powder
- 1 tsp salt
- 1 tsp pepper

Method

1. Grind walnuts and chickpeas finely in a food processor.
2. Mix all ingredients together.
3. Form into a thick (minimum 2cm) patties and sprinkle with salt and pepper.
4. Fry each side and serve in a bun with typical burger accompaniments.

Notes

Makes 4-6 burger patties.

Yorkshire Pudding

Ingredients

- 2 cups plain flour
- 1.5 cups milk
- 4 eggs, beaten
- 1.5 tbsp shortening
- pinch of salt

Method

1. Mix flour and salt.
2. Add eggs, shortening, and 1 cup of milk, and mix well.
3. Add the rest of the milk and mix until smooth.
4. Rest batter overnight.
5. Preheat oven to 230C / 450F.
6. Whisk again and fill each mould 3/4 full.
7. Bake 10-15 minutes and serve quickly.

Zucchini-Corn Fritters

Ingredients

- 2 zucchinis
- 1 small can (or 1 cup) creamed corn
- 1/2 cup grated parmesan
- 2 eggs
- 1 tbsp dried oregano

Method

1. Preheat oven to 180C / 350F.
2. Mix all ingredients together.
3. Scoop onto greased baking sheet.
4. Bake 10 minutes, then flip with spatula and bake another 10 minutes.

Notes

Makes 15-16.