



Vegan Millet Patties with Creamy Baba Ghanoush

⌚ Preparation time: 30 minutes
Cooking time: 35 minutes
Total time: 65 minutes

👤 Portions: 2

Ingredients (serves 2-3)

For the millet patties (10-12 patties)

- 160 g (5.54 oz) fine millet (quick cook millet)
- 420 ml (14.2 fl oz/1.7 cups) vegetable broth
- 80 g (2.8 oz) onions
- 1 clove of garlic
- 100 g (3.5 oz) carrots
- 1 handfull of baby spinach (50 g/ 1.7 oz), finely chopped
- Salt & pepper
- 1 small tsp. smokes paprika powder (or sweet paprika powder)
- 1 tsp. cumin (or curry powder or Garam Masala - depending on taste)
- 1 tbsp. cornstarch or potato flour
- 2 tbsp. vegetable oil for frying the patties

For the awesome Baba Ghanous dip

- 2-3 eggplants (approx. 600 g/21 oz)
- 1 tbsp. olive oil + optional olive oil for drizzling
- 1,5 tbsp. tahini
- 1 clove of garlic
- 1 tbsp. lemon juice
- Salt
- 1 small tsp. smoked paprika powder (or also sweet paprika powder)
- Optional: a small bunch of cilantro (or parsley)
- Optional: pomegranate seeds for garnish
- Optional: chili flakes to your liking

Instructions (30 minutes working time + 35 minutes baking time)

1. Start preparing the Baba Ganoush, because the eggplants bake for 35 minutes and you can prepare the millet thalers during the baking time. To do this, preheat the oven to 200 °C/ 392 °F fan (preheat the oven and cover a baking tray with baking paper).
2. Wash and halve the eggplants, brush them all around with a little olive oil and place them on the baking paper with the cut surface facing down. Prick the skin side several times with a knife.
3. Bake the eggplant halves at 200 °C/ 392 °F fan for about 35 minutes.
4. Bring millet to the boil with the vegetable stock, reduce heat, stir and let the millet simmer gently for 8-10 minutes with the lid slightly tilted. (Attention: Large millet grains cook much longer and need a lot of liquid/please follow package instructions). Stir the millet once after cooking and let it swell for another 10 minutes with the lid closed.
5. Peel onions and garlic clove and dice finely. Finely grate the carrot. Wash and chop the baby spinach. Tip: For shredding the carrot I use my beloved [Julienne slicer from GEFU](#). With my code "**LeaGreen15**" you get a **15% discount** on this little, but genius kitchen aid (affiliate offer/advertising).
6. Heat 1 tablespoon of oil in a pan and fry the onion and garlic cubes until translucent. Add baby spinach and let it fall together. Remove ingredients from the heat.
7. Mix the cooked millet with the grated carrots, the fried onions with spinach as well as salt, pepper, smoked paprika powder, cumin and cornflour in a bowl. I simply knead the ingredients with my hands.
8. From the mass with slightly moistened hands form roastings (Tip: I put a small bowl of water on the work surface to moisten my hands again and again).
9. Heat some oil in a frying pan and fry the roasts on both sides for a few minutes until golden brown.

10. Remove eggplants from the oven and let them cool down briefly. Remove the flesh of the eggplants from the peel with a spoon and put them in a blender.
11. Add the tahini, a peeled clove of garlic, 1 tablespoon lemon juice, a generous pinch of salt and a pinch of smoked paprika powder to the flesh of the roasted eggplants in the blender and puree the ingredients into a fine cream. Season Baba Ghanoush with salt and lemon juice. Optionally, wash, chop and mix in the coriander (I used wild mountain coriander, which is particularly aromatic). Remove pomegranate seeds for garnishing.
12. Spread Baba Ganoush in a bowl, optionally drizzle with olive oil and garnish with pomegranate seeds and coriander. If you like you can sprinkle chili flakes over it.
13. Serve Baba Ghanoush with millet eels and rocket salad. Dip the millet taler into the tender cream and enjoy.

The millet patties tastes wonderful warm or cold. The recipe is therefore also ideal for buffets, parties and of course for take-away.