



CRUNCHYCRITTERS

Critter Kofta Patties

Makes six to eight patties

Ingredients:

- Vegetables – one onion, one carrot, two sticks of celery, six mushrooms, one clove of garlic, half courgette, six mint leaves, a small sprig of parsley and one red chilli (optional)
- Spices- two teaspoons ground coriander, one teaspoon ground cumin, one teaspoon paprika, one teaspoon za'atar and one teaspoon harissa paste (found in most health food shops and also optional), half teaspoon turmeric, half teaspoon thyme, quarter teaspoon cinnamon, two teaspoons white pepper, one teaspoon sea salt
- Six slices of brown bread made into breadcrumbs
- Two eggs, beaten
- Fifty grams Crunchy Critters mealworms or crickets, or a mix of each (5 x 10g packets)
- Sunflower oil (for frying)

Preparation Method:

1. Place forty grams of the insects into a food blender and pulse for two seconds at a time until a finely chopped consistency is achieved. Place into a large mixing bowl along with the bread crumbs and mix.
2. In the same food blender (no need to wash) place all the vegetables and fresh herbs and process until finely chopped but not puréed!
3. Heat a large frying pan and over a low heat fry the vegetable mixture stirring regularly for about five minutes. Add the spices and continue to cook for another five minutes stirring regularly. Allow to cool until cold enough to handle.
4. When the mixture is cool enough to handle scrape into the mixing bowl along with the insects and breadcrumbs, using a wooden spoon or your hands. Mix until well combined.
5. Add the eggs and the remaining ten grams of insects into the pattie mix and stir well. When mixed form the patties with your hands into small burger sized portions about two-three centimetres thick place on an oiled tray.
6. Put the large frying pan back on a medium heat, wait five minutes to come to temperature, add a tablespoon of sunflower oil and carefully with a slotted fish slice add the patties, beware of the hot oil spitting. Fry for about four-five minutes until golden then carefully turn over and continue to fry for another five minutes until a nice, gold colour is achieved. They are now ready to eat.

Tip:

Enjoy these in pitta bread or wrap with some crisp lettuce, tomatoes, black olives and some yoghurt, or whichever way you want!