

All-In-One Rice Cooker Meals Turkey Patties, Mixed Grains and Veg

Hi guys! After writing about my love affair with the rice cooker in my last post, I thought I'd share a bit about how I actually use mine so here is your All-In-One Rice Cooker Meal called Steamed Turkey and Mixed Grain and Veg. Take out your favourite grains and veggies and lets steam some turkey patties!

First, I'd like to take a moment to say these recipes' measurements are just meant to be a guide. It's great to eventually not rely on the scale and begin to let go and eye it, saving you time and less things to clean. I've purposefully made this super simple and bare, to encourage you to make it your own. Maybe by adding some homemade sauce or salsa you've already made in bulk for additional flavour to your grains or maybe by just pulling out your favourite condiments for your dipping pleasure. There are no rules. My family eats these kind of meals with everything bare bones, allowing us to personalise the meal for each of our individual tastes- my two year old dips, and the rest of us mix it all together in a bowl, adding what we fancy that day; olive oil, cheese. Make it yours. These meals are meant to be super convenient, affordable, and healthy.

Method: Add your favourite grains (I chose brown rice, barley, and quinoa) to your rice cooker. Add as much as you like.

Use your finger as a measuring tool be placing your finger tip to the top of your levelled grains. Gently pour water in the cooker until it hits the first knuckle of your index finger- this is a general rule as different grains may need a little more or a little less water but its a pretty accurate method.

Get out a big bowl and just throw all the ingredients in (yes, even the egg without beating it first) Get your hands in there and mix it all together (squishy) Tip: Use breadsticks to get your breadcrumbs by crushing them and letting out some pent up energy or have a kid do it when possible as they'll likely think its fun!

Divide your mixture into even parts while rolling them into balls until they are to your desired size. What ever the circumference, be sure to flatten them to a thin thickness of about 2 cm thick. You can choose to sear the meat before putting the patties into the cooker if you are concerned but I just crack pepper over them and move them on in.

Stack and wrap the patties loosely on your foil making one giant parcel and place it on top of your grains.

Turn your rice cooker on to the long grain (60 min.) function placing the veggies into the steamer about half way through.

So thats it done! Happy rice cooking!

Ingredients:	500g	Turkey Thigh Mince Meat
	40g	Bread Crumbs
	40g.	Parmesan Cheese
	2 Tsp	Oregano
	1	Medium egg
		Pepper to taste

Nutritional Information for 1 serving (4 servings)

Calories: 256

Fat: 12

Saturates: 4.3

Carbohydrates: 7.5

Proteins: 36