

# Millet Cakes with Spinach and Carrots



Source: Cooks Illustrated, Better Vegan  
Category: Vegan Entrees & Sides  
Prep Time: 15 min Cook time: 1 hour 15 min  
Total Time: 1 hour 30 min  
Serves 4  
*Vegan / Gluten Free / Refined Sugar Free / Soy Free*

Ctrl+P to Print

Recipe Link:

<https://www.betterveganrecipes.com/millet-cakes>

## Ingredients:

- 1 cup millet, soaked overnight, then drained and rinsed
- 2 cups water
- 3 Tbsp. avocado oil
- 1 shallot, minced
- 6 ounces (6 cups) baby spinach, chopped
- 2 carrots, peeled and shredded
- 2 garlic cloves, minced
- 2 tsp. curry powder
- 1 1/2 tsp. Egg Replacer powder
- 2 Tbsp. hot water
- 2 Tbsp. minced fresh cilantro
- 2 Tbsp. gluten-free flour blend
- Pink Himalayan sea salt, to taste
- Freshly ground black pepper, to taste

## Instructions:

1. Prepare the ingredients.
2. Line rimmed baking sheet with parchment paper. Combine millet, water, and ½ teaspoon salt in medium saucepan and bring to simmer over medium heat. Reduce heat to low, cover, and simmer until grains are tender and liquid is absorbed, 15 to 20 minutes. Off heat, let millet sit, covered, for 10 minutes; transfer to large bowl.
3. Heat 1 tablespoon oil in 12-inch nonstick skillet over medium heat until shimmering. Add shallot and cook until softened, about 3 minutes. Stir in spinach and carrots and cook until spinach is wilted, about 2 minutes. Stir in garlic, curry powder, ½ teaspoon salt, and ¼ teaspoon pepper and cook until fragrant, about 30 seconds. Transfer to bowl with millet and wipe out now-empty skillet with paper towels.

4. Place egg replacer powder in a medium bowl, add hot water and whisk well to combine. Stir egg replacer mixture, flour and cilantro into millet mixture until well combined. Divide mixture into 8 equal portions, pack firmly into 3½-inch-wide cakes, and place on prepared sheet. Refrigerate cakes until chilled and firm, about 30 minutes.

5. Adjust oven rack to middle position and heat oven to 200 degrees. Set wire rack in rimmed baking sheet. Heat 1 tablespoon oil in now-empty skillet over medium heat until shimmering. Gently lay 4 cakes in skillet and cook until deep golden brown and crisp on both sides, 10 to 14 minutes, turning gently halfway through cooking. Transfer cakes to prepared sheet and keep warm in oven. Repeat with remaining cakes and oil. Serve.

### Notes:

You have to handle the cakes very gently to prevent them from falling apart. The mixture will stick together, but they can still be very fragile.

### Equipment needed:

Baking sheet  
Wire rack

### Serving suggestion:

Serve with vegan yogurt cucumber sauce, creamy herb dressing or on its own.