



Cauliflower Fritters

Ingredients

1 whole cauliflower, trimmed, cut into florets (approx 850g)
1 cup self-raising flour (I used gluten free flour + 1-2 tsp bicarb soda)
1-2 tsp crushed garlic (in a jar is fine)
1/4 cup flat-leaf parsley leaves, chopped (or omit if your child doesn't like this)
1/2 cup grated parmesan cheese (pre grated)
2 eggs, lightly beaten
olive oil, for shallow-frying
fruit chutney (or whatever sauce your child enjoys) to serve

Method

Step 1

Chop cauliflower into pieces and remove green stalk. Place into microwave dish, cover and cook for approximately 5-7 minutes or until the cauliflower is cooked. (You can also cook via stove stop method however this is much quicker!). Once cooked, transfer the cauliflower to a board and roughly chop. Place in a bowl. Set aside to cool.

Step 2

Sift flour over cooled cauliflower. Add garlic, parsley and parmesan. Stir to combine. Add egg and stir until well combined. Slowly add 1/4 cup water, stirring until a thick batter forms (you may not need all of the water)

Step 3

Add enough oil to a large, non-stick frying pan to cover base. Heat over medium heat until oil is hot. Spoon large tablespoons of mixture into pan. Cook for 4 to 5 minutes each side or until golden and cooked through. Transfer to a wire rack or some paper towel. You may place in oven to keep warm while cooking remaining fritters.

Step 4

Serve fritters hot or cold with chutney

Tips:

These fritters are great both warm and cold! They are a bit hit with my 2 and 4 year olds. They are perfect for those fussy eaters, especially if they are only having 'white' foods - these are a good food to try and stretch their food preferences.

They are gluten free and can be made to be egg free by using an egg substitute.

Filled with veggies!

Recipe adapted from www.taste.com.au (2014)