

Broccoli Tots

Food Foundations

Ingredients

- 2kg broccoli florets
- 8 eggs
- 300g plain wholemeal flour
- 240g cheddar cheese
- 8 cloves garlic (minced)
- Olive oil spray

Serves: 20

Prep Time: 20 mins

Cook Time: 40 mins



Method

1. Preheat oven to 190°C. Line baking tray with baking paper.
2. Steam (or boil) florets for 5 minutes, or until soft. Drain well.
3. Chop cooked broccoli up and place into large mixing bowl.
4. Add cheese, eggs, flour, and garlic and mix until combined. Mash larger pieces up as you mix.
5. Roll 1 tablespoon of mixture into ball or croquette shapes. Place onto prepared tray. Repeat with remaining mixture.
6. Spray with olive oil then bake 20 minutes or until golden brown.
7. Serve with dipping sauce of choice.

Recipe Notes:

Plain flour could be substituted with breadcrumbs.
Replace eggs with egg substitute for an egg free option
You could use cauliflower instead of broccoli or a mixture of both.
Add ½ cheddar and ½ feta cheese for extra bite.

Food Group	Serves per portion
Vegetables	1.3
Fruit	0
Grain foods	0.5
Lean meat and alternatives	0.2
Milk, yoghurt and cheese	0.3