



BROCCOLI FRITTERS

SUBMITTED BY: Kristen Porto, MLT - Histology Lab

Healthy alternative to something delicious. My girls think they are pancakes!

DIRECTIONS:

1. Chop the heads off the broccoli (reserve the stalks and make broccoli fries or chop into a salad). Place the broccoli florets in a food processor and pulse until like a rice sized consistency. Option to do this in two batches so the broccoli blitzes equally and doesn't get too fine.
2. Place the broccoli with all the remaining ingredients (except the oil) into a mixing bowl and mix well to combine. Leave to stand for 10 minutes and then stir.
3. Heat a non-stick frying pan or good cast iron skillet with about 1/2 tbsp. oil. Shape the mixture into fritters and cook 2 fritters per pan for about 4 minutes one the first side and 3 minutes on the second side, on a medium heat, or until golden.
4. Resist the urge to move the fritters when on the first side. Let them cook the full time, but lift slightly nearer the time to check they're not burning. This will stop them falling apart and make them perfectly crisp. Cooking times will vary slightly depending on how big you made the fritters. If making smaller fritters the cooking time will be less.
5. Transfer to kitchen paper and repeat using the rest of the oil and batter.

INGREDIENTS:

2 medium heads of broccoli stalks removed (650g)

4 large eggs

¾ cup / 75g almond flour

1/4 cup / 50g nutritional yeast or
1/2 cup grated parmesan/
cheddar

1 - 1.5 tsp chili flakes to taste

2 tsp onion powder

1 tsp garlic powder

1 tsp salt

1/3 tsp cracked black pepper

2 tbsp. avocado oil or olive oil /
coconut oil to fry

Notes

1. Net carbs: 6.2g per fritter using nutritional yeast. If you use parmesan, the net carbs reduce to 5.3g per fritter.
2. Makes eight large fritters (4-5-inch diameter) or 16 small
3. Hands on: 20 - 30 minutes depending on the size of your pan
4. Overall cooking time: 30 - 40 minutes
5. Storage: in a Tupperware in the fridge for up to 2 days. Freeze on a sheet or put parchment paper between the the fritters so they don't stick together. Once frozen, transfer into a ziplock bag.