THE LIGHTER PLATE METHOD

Baked Chicken & Cauliflower Fritters

Blitzed chicken and cauliflower baked into little golden bites — a good make-ahead snack.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
20 min	**25 min**	**45 min**	**10**	**EASY**

Ingredients

- 300 g cooked chicken breast
- 500 g cauliflower (cooked)
- 1 tsp sea salt
- 1 pinch black pepper
- 1 tbsp sesame seeds
- 1 egg white

Method

1. Heat the oven to 190°C (fan 170°C) and line a baking tray.
2. Blitz the chicken, cauliflower, egg white, salt and pepper together in a food processor until well combined.
3. Roll into small balls and place on the tray.
4. Scatter with sesame seeds.
5. Bake for 25 minutes, until golden and firm.

Tips & swaps

- Good hot or cold, and a genuinely useful high-protein lunchbox filler.

Storage & reheating

Keeps in the fridge for 3 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
60	**8g**	**2g**	**2g**	**1g**

Estimated values, for guidance only. Contains: Egg, Sesame.