THE LIGHTER PLATE METHOD

Roasted Cauliflower & Parmesan Fritters

Cauliflower rice bound with egg and parmesan, griddled until golden — good hot or packed cold.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
20 min	**15 min**	**35 min**	**8**	**EASY**

Ingredients

- 1 head cauliflower (cooked)
- 100 g parmesan (grated)
- 3 eggs
- 1 tsp sweet paprika
- 1 tsp ground turmeric
- 1 tsp sea salt

Method

1. Pulse the cooked cauliflower in a food processor until it resembles rice.
2. Wrap in a clean tea towel and squeeze out as much liquid as possible. Leave to cool.
3. Beat in the eggs one at a time, mixing well after each.
4. Stir in the paprika, turmeric, parmesan and salt.
5. Heat a little oil in a non-stick pan and cook spoonfuls of the mixture for 2–3 minutes each side, until golden.

Tips & swaps

- Serve with a big pile of salad leaves to make it a full meal.

Storage & reheating

Keeps in the fridge for 3 days; reheat in a dry pan.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE

100	**8g**	**4g**	**6g**	**2g**

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