

Cheesy Cauliflower Fritters

Rating ★★★★★

Makes: 10-12 fritters

Prep: 15 mins

Cook: 10 mins

Dietary: VEG, NF

Allergens: Wheat, Eggs, Dairy

Age group: 8 months+

Mealtime: Anytime

Difficulty level: Beginner

MindChamps®
early learning & preschool

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Vegetarian



Nut Free

Ingredients

- 1 small head of cauliflower (400g), rinsed and broken into florets
- 1 egg
- ½ cup (60g) wholemeal spelt flour
- ¼ cup (30g) rice breadcrumbs
- ½ cup (50g) parmesan cheese, finely grated
- 1 garlic clove (10g), peeled and crushed
- 1 tbsp (10g) fresh parsley, rinsed and finely chopped
- Pinch of sea salt and pepper
- Extra virgin olive oil, for frying

Method

1. Steam the cauliflower florets until tender for approx. 5-10 mins. Drain and rinse under cold water. Allow to cool for a few mins.
2. Place steamed cauliflower into a large bowl and crush with a potato masher.
3. Add the rest of the ingredients and stir to combine. Shape into 10-12 fritters.
4. Heat oil in a large frying pan over medium heat.
5. Cook fritters for 3-4 mins on each side or until golden and crispy.
6. Serve with homemade tzatziki or yoghurt.

Mandy's serving suggestion: Serve cheesy cauliflower fritters with a dip and a salad or steamed vegetables on the side.

Storing leftovers: Store in an airtight container in the fridge for up to 6 days or freeze for up to 4 months.

Prep Tips: You can also bake the fritters in the oven for about 30 mins, or air-fry them for 15 mins.

Tips

- ✓ **For a dairy free version:** Swap parmesan with nutritional yeast.
- ✓ **For a gluten-free version:** Swap wholemeal spelt flour with arrowroot or a gluten-free flour blend.
- ✓ **For an egg-free version:** Swap egg for a store-bought egg replacer or use a flax egg (1 egg = 1 tbsp flaxseed meal + 3 tbsp water) or chia egg (1 egg = 1 tbsp chia seed meal + 3 tbsp water).
- ✓ **Easy ingredient swaps:** Swap wholemeal spelt flour for wholemeal flour.
- ✓ **Additional boosters:** Boost with 1 tbsp of chia seeds.
- ✓ **Baby-friendly version:** Serve mashed or in finger food-sized pieces.
- ✓ **For Fussy Eaters:** Make sure the texture of the fritters is smooth.