



**USE  
IT UP™**



**CAULIFLOWER FRITTERS**



# CAULIFLOWER FRITTERS



Prep Time



Cooking Time



Serves

A recipe by OzHarvest

## NEED

A quarter to half a cauliflower  
(including stems and leaves)

1/2 cup plain flour

Handful green herbs, chopped  
(we've used parsley)

1 shallot, finely chopped  
(optional)

1 clove garlic, minced  
2 eggs

2 tbsp finely grated cheese  
(we've used parmesan)

3/4 tsp ground cumin

1/4 tsp turmeric

3/4 tsp salt

1/2 tsp ground black pepper

### Sauce

1/2 cup yoghurt (we've used  
Greek yoghurt)

Handful of soft herbs, chopped  
(we've used coriander)

2 tsp lime or lemon juice

1 clove garlic, minced

Salt and pepper to taste

Not only are our Cauliflower Fritters absolutely delicious, but they also use up the whole cauliflower! Yep, that includes the stem and the leaves. A tasty snack or serve as a meal, these are sure to be a hit with everyone.

## HOW

1. Prepare the cauliflower by cutting into small pieces.
2. Bring a saucepan of water to the boil. Add the cauliflower pieces and simmer for 10 minutes, then drain and cool slightly.
3. Place the rest of the Fritter ingredients in a bowl and stir to make a thick batter.
4. Add the cauliflower and mix, smashing the cauliflower into the batter with the back of a wooden spoon or fork.
5. To make the sauce combine the yoghurt, coriander, lemon juice, garlic and salt and pepper to taste.
6. In a wide frying pan, heat 2 cm of oil over high heat until very hot. Working in batches, spoon in the cauliflower mixture, allowing 3 tablespoons per fritter.
7. Fry in small batches, adjusting the heat so the fritters cook but don't burn. They should take around 3 to 4 minutes each side.
8. Drain the fritters well on paper towels. Serve with yoghurt sauce. Enjoy!



**SAVE FOOD.  
SAVE MONEY.  
SAVE THE PLANET.**