



Veg Broccoli Pancake*

Serving: 1

Veg

Ingredients

- 1/2 Cup chopped steamed broccoli
- 1/4 cup almond flour
- 2 tbsp cheddar cheese
- 1 tsp mustard
- 2 cloves garlic
- 1 tbsp oil

Preparation Method

- Start by cutting the florets off the steamed broccoli and cutting the into small pieces . cut the stalks into small , thin slices
- In a food processor combine the almonds flour, cheese , mustard and garlic . mix until well combined
- Add in the chopped broccoli and stir through
- Heat the oil in pan on medium heat . Once hot use a ladle to spoon the batter into pan to form small patties.
- Allow the fritters to cook for 3 minutes until lightly golden and then flip and cook for 23 more minutes on the other side. once cooked transfer to a paper towel and keep warm in the oven while you remainder of the fritters