



## Cauliflower Fritters\*

Serving: 1

Non Veg

### *Ingredients*

- 1 cup raw cauliflower, grated
- 1 teaspoon salt
- 2-3 tbsp almond flour
- 2 tbsp grated Parmesan cheese/ feta / mozerella cheese
- $\frac{1}{2}$  teaspoon baking powder
- 1 small onion chopped
- 1 egg
- 1 teaspoons pepper

### *Preparation Method*

- Grate the cauliflower and put it into a colander, sprinkle the salt on top and mix thoroughly with your hands. Let the cauliflower sit for 10 minutes.
- Meanwhile, chop the onions and place them into a medium bowl. With clean hands, squeeze the water out of the cauliflower and put the cauliflower into the medium bowl with the onions. Add the almond flour, cheese, baking powder and seasoning. Mix thoroughly. Add the eggs and mix until incorporated.
- **Skillet Method:** Place a frying pan or skillet over medium heat. When hot, add 1 tsp of oil. Using spoon, scoop out the cauliflower fritter batter and place into the hot skillet. Push down gently with a spatula to make a flattened pancake. Cook 3 minutes per side. Drain on paper towels. Don't flip the fritter until the bottom is well cooked.
- **Oven Method:** Preheat oven to 400 degrees F. Line two cookie sheets with parchment. Measure  $\frac{1}{4}$  cup of batter per fritter and flatten out into a circle. Bake for 10-12 minutes, flip and bake for 10-12 minutes more.
- -Store in the refrigerator. Re-heat in a dry skillet over medium heat to make crisp again .