



## Cauliflower Balls

Serving: 1

Veg

### *Ingredients*

- 1/2 head cauliflower medium
- 2 tbsp rava
- 1 Lemon Juice
- 1/4 tsp garlic powder
- 1 tablespoons fresh parsley finely chopped
- 1 tablespoons olive oil
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt
- 2 tsp Isabgol

### *Preparation Method*

- Grate the cauliflower by either grating the florets or putting them in a food processor and blitzing them.
- Heat the olive oil in a frying pan on a medium heat.
- Gently sauté the cauliflower for about 5-7 minutes.
- Remove from the heat and place in a bowl.
- add Rava to the cauliflower with the juice, isabgol, salt, pepper, garlic powder, and parsley and mix thoroughly.
- Fashion the mixture into walnut shaped balls and place on parchment paper.
- Place the balls in the fridge and sit for a minimum of one hour.
- Preheat the oven to 180C/375F degrees.
- Bake the cauliflower meatballs on a tray for 7-10 minutes until golden, turning them over halfway. Serve