

## Gluten Free Cheesy Cauliflower Bites

### Ingredients

- 300g cauliflower
- 200g potato, peeled
- 1 free-range egg
- 1 clove garlic, minced
- ½ cup grated parmesan cheese
- pinch of sea salt



### Method

- Roughly chop potato and cauliflower and place in a steamer basket to steam for 2-3 minutes until just tender, but not falling apart.
- Remove from steamer basket and place in a bowl to cool slightly.
- Mash the potato and cauliflower together with a fork.
- Add egg, cheese and salt to the mash and mix.
- Take 1 tbsp of the mixture and roll into a ball, then place on baking sheet. Repeat with remaining mixture.
- Bake for 10-12 minutes, turning them over half way, until golden.
- Cool before eating,

<https://www.kidspot.com.au/kitchen/recipes/gluten-free-cheesy-cauliflower-bites-recipe/a7bq5fz4?r=lunchbox&h=lunchbox> accessed 18 May 2021