

AFTERNOON TEA RECIPES



Cauliflower fritters -



Ingredients:

- 850g cauliflower, trimmed, cut into florets
- 2 cups self-raising flour
- 1 garlic clove crushed
- ¼ cup flat leaf parsley leaves chopped
- 1 cup grated parmesan cheese
- 2 eggs lightly beaten
- Canola oil for shallow frying and fruit chutney to serve

Method:

1. Preheat oven to 150 deg C
2. Cook cauliflower for 4 – 6 minutes, drain and chop roughly. Place in a bowl and set aside
3. Sift flour over cooled cauliflower; add garlic, parsley and parmesan. Stir to combine
4. Add beaten egg and stir until well combined. Slowly add ¼ cup water. Stir until a thick batter forms
5. Add enough oil to a large non -stick frying pan. Use ¼ cup of mixture per fritter. Cook 5 fritters at a time in the oil
6. Cook 4-5 minutes each side or until golden brown and cooked through
7. Drain and serve with chutney

Alternative:

- Use gluten free flour



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