

Cheesy Broccoli Bites

Serves: 6 (makes 10-12 bites)

Prep time: 20 minutes

Cook time: 20-25 minutes



½ serve per portion

Ingredients

2 broccoli heads, roughly chopped OR 2 cups frozen broccoli florets

½ cup panko breadcrumbs

¼ cup wholemeal flour

2 eggs

½ cup tasty cheese, grated

½ teaspoon garlic powder

½ teaspoon dried chives

Method

PREHEAT oven to 200°C/180°C fan forced.

BRING a pot of water to the boil on the stovetop.

ADD broccoli to a steamer and place over the pot. Steam for approximately 10 minutes or until tender.

ADD steamed broccoli and all remaining ingredients into a food processor or blender. Blend until well combined.

SHAPE mixture into bite-sized balls and place on a lined baking tray or a mini muffin pan.

BAKE for 20-25 minutes or until golden.



Everyday Food

Recipe courtesy of the Country Kitchens team