

Cheesy Broccoli Bites

Serves: 6 (makes 12-18 bites)

Prep time: 20 minutes

Cook time: 15-20 minutes

 ½ serve per portion

Ingredients

2 cups roughly chopped fresh or frozen broccoli florets

1 cup panko breadcrumbs

2 eggs

¾ cup tasty cheese, grated

1 teaspoon garlic powder

1 teaspoon dried chives

Salt and pepper, to taste

Cooking oil spray

Tzatziki, to serve (optional)



Everyday Food

Method

PREHEAT oven to 200°C and line a couple of baking trays with baking paper.

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

ADD broccoli to a steamer and place over the pot. Steam for approximately 8 minutes or until tender.

RUN steamed broccoli under cold water for a minute then leave to cool and drain for a few more minutes.

ADD broccoli and all remaining ingredients into a large bowl. Mix well to combine ingredients, slightly cutting up and mashing the broccoli as you stir (like how you would break up mince when cooking it). The mixture will be chunky.

ROLL firmly into bite-sized balls and place on the lined baking trays.

LIGHTLY spray balls with cooking spray.

BAKE for 15-20 minutes or until golden. Serve with tzatziki (optional).

Recipe courtesy of the Country Kitchens team