



READY TO COOK
BY HARRIS FARM

BROCCOLI FRITTERS



PREP
20 min



COOK
15 min



SERVES
4

INGREDIENTS:

- > ½ Bunch Shallots
- > 3 Garlic Cloves
- > 1 Brown Onion
- > 500g Broccoli
- > 1 Lemon
- > 150g Kale Leaves
- > 1 Packet Cooked Baby Beetroot
- > 1 Cup Greek Yoghurt

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > ¼ Cup Flour
- > 2 Eggs
- > 100g Almond Meal
- > Olive Oil
- > Salt and Pepper
- > ¼ Cup Pepitas
- > 1 Tbsp Caramelised Balsamic
- > 1 Punnet Baby Red Leaf Sorrel

METHOD - GET COOKING!



1

Finely slice the shallots and onion. Crush the garlic.

Bring a medium sized pan to high heat and drizzle with olive oil. Add the garlic, shallots and onions. Cook for 3 minutes until golden brown and soft. Set aside.

2

Cut the broccoli into florets and place in a food processor with the zest of ½ a lemon, kale, eggs, flour, almond meal, salt, pepper, and onion-garlic mixture. Pulse until well combined. Roll the mixture into round patties (approximately 70g each).

In a frying pan, drizzle olive oil and gently sear the patties for approximately 2 minutes on each side until golden brown.

3

Drain the beetroot and place in a food processor with 1 Tbsp of caramelized balsamic, salt, pepper and a squeeze of lemon juice. Pulse until smooth and set aside.

4

Serve broccoli fritters with yoghurt, beetroot relish, lemon wedges and baby sorrel leaves (optional). Sprinkle with pepitas if preferred.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
online@harrisfarm.com.au