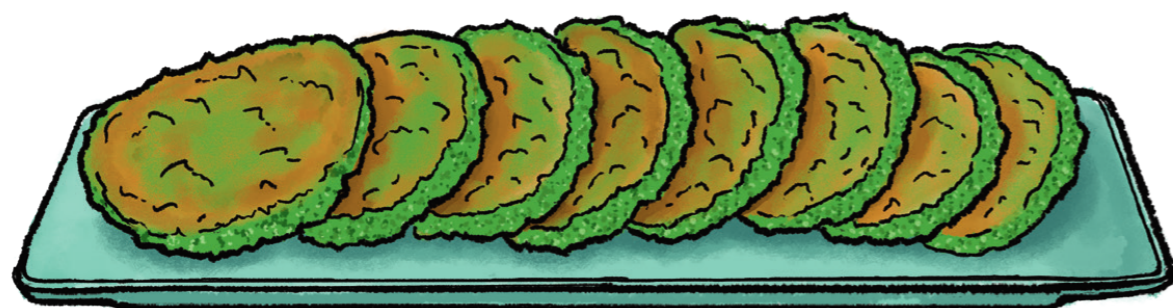


Broccoli Swamp Fritters

Create gooey green patties filled with broccoli and cheese.



Prep Time: 20 minutes
Cook Time: 10 minutes
Yield: 6-8 Patties

What You Need Ingredients



2 medium crowns
broccoli



2 cloves garlic



1 egg



½ cup flour



½ cup grated
Parmesan



¾ tsp salt



3 Tbsp canola oil

Tools



knife



cutting board



dry measuring
cups



medium pot
with lid



colander



potato
masher



medium bowl



small bowl



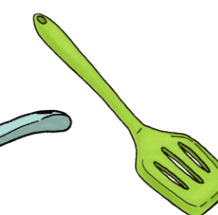
whisk



measuring
spoons



large skillet



turner
spatula



Always wash your hands before cooking and make sure an adult is present. Visit raddishkids.com/pages/safety for all our guidelines.

Steps

1



Cut broccoli into small florets. Measure 3 cups and add to medium pot.

2



Add 1 inch of water to pot. Bring to a boil over medium-high heat.

3



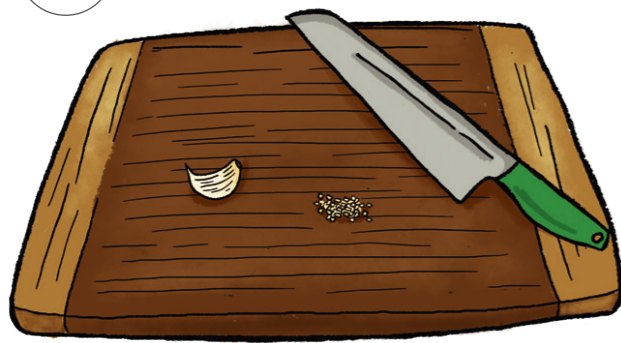
Cover pot and steam broccoli for 5 minutes.

4



Drain broccoli in colander. Add to medium bowl. Mash into small pieces.

5



Smash and peel garlic. Mince and add to broccoli.

6



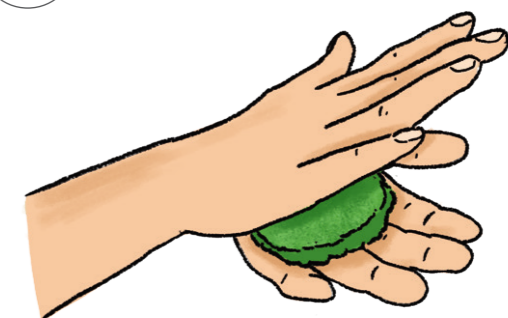
Crack egg into a small bowl. Throw away shells and wash your hands. Whisk until smooth.

7



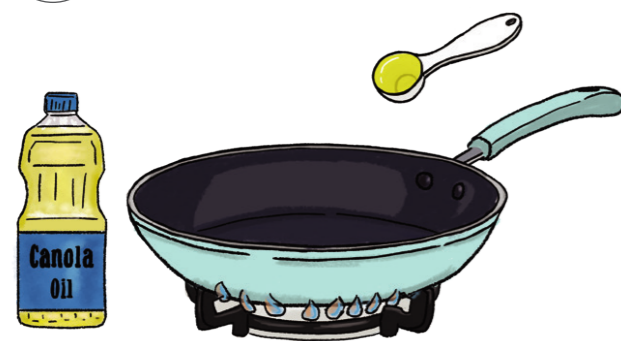
Add egg, flour, Parmesan, and salt to broccoli. Mix well.

8



Measure $\frac{1}{4}$ cup batter. Use hands to flatten into a 2-inch patty. Continue to make 6-8 patties.

9



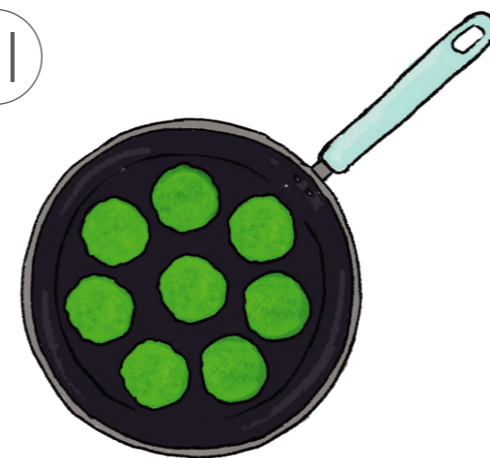
Heat oil in skillet over medium-high heat for 1 minute.

10



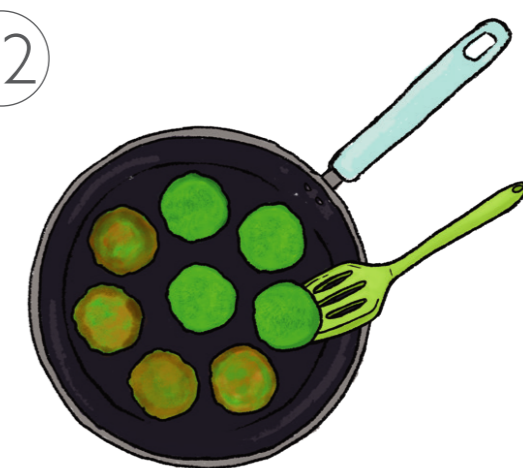
Carefully add patties to skillet.

11



Cook broccoli fritters for 2-3 minutes, until browned on bottom.

12



Flip fritters. Cook 1-2 min on other side, until browned. TASTE & SHARE!