



Broccoli, Tomato, Cheese and Cous Cous Nuggets



Great Because...

Easy to handle finger food and full of flavour!

Prepare in... **20 mins**

Cooks in... **20 mins**

Serves... **6**

Ingredients

- 3 cups soaked Cous Cous
- Handful of Broccoli Florets (finely chopped)
- 1 Egg / Flax
- 1 tbsp Olive Oil
- 2 tbsp Tomato Paste
- 1 cup Grated Cheddar
- 1 tsp Garlic, crushed
- 1 tsp Mixed Herbs
- 1/2 tsp Paprika

How To Make

1. Pre-heat the oven 190°C. Line a baking tray with grease proof paper.
2. In a saucepan, soften garlic and broccoli in oil
3. Add cous cous and season, followed by tomato paste and grated cheese.
4. Finally combine all ingredients together using egg.
5. Roll and shape, using a tablespoon scoop out mixture to ensure equal sizes.
6. Place on baking tray and bake for 20 minutes until crispy and golden.

Recipe by Zenia at [@theflavouracademy](https://www.instagram.com/theflavouracademy)

