

Cauliflower Nuggets

Serves: 20 Nuggets

Ingredients

1 x Spudshed Cauliflower, (washed, chopped & steamed)

Obento Panko Breadcrumbs, 1 cup

G-Fresh Garlic Powder, 1 tsp

Brunswick Dairy Company Tasty Shredded Cheese, 1 cup

Mrs. Fischer's Free Range Eggs, 2 eggs

Your kids' favourite dipping sauce/s!

Method

Step 1

Preheat your oven to 180°C fan forced.

Step 2

Steam the cauliflower for 10 minutes.

Step 3

Place the cauliflower in a large bowl and mash with a potato masher.

Add in all the remaining ingredients and mix.

Tip: If the mixture is too wet, add in some more breadcrumbs. It's also easier to shape with wet hands.

Step 4

Shape the mixture into nuggets and then place on a lined baking tray.

Step 5

Bake in the oven for 20 minutes or until golden brown and crispy on the outside.



Pic for illustration purposes only. Recipe may vary in appearance to pic.