

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Cauliflower Fritters

Ingredients

Salt and Pepper to season

400g Cauliflower, cut of florets

150g (1 cup) of almond meal

1 tbs of ground cumin

1 tbs of fresh coriander

2 eggs

2 tbs of tahini

125ml (½ cup) of milk

125g (½ cup) of grated haloumi

2 tsp of lemon zest

½ cup of finely chopped parsley

Coconut oil, to shallow fry



Method

1. Cook cauliflower in a large saucepan of boiling salted water for 6 minutes or until almost tender. Drain and cool completely. Finely chop.
2. Sift combined almond meal and spices into a large bowl.
3. Lightly beat eggs, tahini and milk together until combined. Add to almond mixture with cauliflower and remaining ingredients. Stir to combine and season. Add more almond meal if need be to make sure the mixture can form a pattie.
4. Pour oil into large frying pan until a depth of 1cm. Add ¼ cup of fritter mixture to pan for 2 minutes on each side until the fritter is golden brown. Remove and drain on paper towel.
5. Serve with yoghurt sauce (refer to recipe)
6. Add a side salad or vegetables.

Preparation Time: 10 minutes

Cooking Time: 15 minutes

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Serves 4



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