



BROCCOLI BITES WITH A YOGURT AND HERB DIP

Season: Winter, spring
From the garden: Broccoli, herbs, eggs
Type: Dinner
Difficulty: Easy
Country of origin:
Serves: 6 serves or 30 tastes
Source: lovefoodhatewaste.co.nz

Equipment

- *chopping board
- *knife
- *measuring cup and spoons
- *grater
- *bowls
- *mixing spoon
- *baking tray
- *food processor
- *lemon juicer

Ingredients

- *4 cups broccoli, made up from chopped stalks and cut up florets
- *1 medium brown or red onion
- *2 small eggs
- * $\frac{1}{2}$ cup plain flour
- * $\frac{2}{3}$ cup grated cheese
- *1 tsp salt and pepper to taste

YOGURT AND HERB DIP:

- *1 cup plain yogurt
- *big handful of fresh herbs
- *juice of $\frac{1}{2}$ a lemon
- *1 clove garlic

***salt and pepper to taste**

Method

- 1.preheat oven to 200 degrees**
- 2.chop the florets and the stalk of the broccoli into small pieces**
- 3.grate the cheese**
- 4.mix all the broccoli bites ingredients together and roll the mixture into walnut sized balls**
- 5.place them on a lined baking tray**
- 6.bake them in the oven for 12-15 minutes or until lightly browned, turning them after around 8 minutes into the cooking time**
- 7.for the yogurt dip, remove any tough stalks from herbs and place all the dip ingredients into the food processor bowl. Process until smooth**

Notes: There are more broccoli stalks recipes on the [lovefoodhatewaste-website](#).

Skills: measuring, *mixing, grating*