



BROCCOLI BITES

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

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 (tasty or parmesan)

*handful of fresh herbs like parsley, chives.....

* $\frac{1}{2}$ tsp 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. chop the herbs finely

5. mix all the ingredients together and roll into teaspoon sized balls

6. place them on a baking tray that is lined with baking paper or lightly oiled

7. bake them in the oven for 12-15 minutes or until lightly browned, turning them after around 8 minutes into the cooking time

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

Skills: measuring, *mixing*, *grating*