



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-website](http://lovefoodhatewaste.com).

Skills: measuring, *mixing*, *grating*