



# LEEK, BROCCOLI AND CHEESE FRITTERS

**Season:** Winter, spring  
**From the garden:** Leek, broccoli, parsley, eggs  
**Type:** Main  
**Difficulty:** Easy  
**Country of origin:**  
**Serves:** 6 serves or 30 tastes  
**Source:** Andrea Habacht, GTT kitchen specialist, Oropi school

## Equipment

- \*chopping board and knife
- \*bowls and spoon
- \*colander
- \*grater
- \*measuring cup and spoons
- \*frying pan
- \*spatula

## Ingredients

- \*one med. broccoli
- \*2 large or 5 small leeks
- \* $\frac{3}{4}$  cup grated cheese
- \* $\frac{1}{2}$  cup bread crumbs
- \*handful of parsley
- \*2 eggs
- \*1 tsp salt and pepper to taste
- \*oil for frying

## Method

1. preheat oven to 180 degrees
2. wash the broccoli and the leeks. Make sure to get all the dirt out from between the layers

3. chop the broccoli (including stems) and leek (white part only) into little pieces
4. heat a little bit of olive oil in a frying pan and cook veggies until softened
5. grate the cheese
6. peel and chop the garlic
7. wash and chop the parsley
8. break the eggs into a large bowl
9. add all the other ingredients and mix
10. with wet hands, scoop out around a tbsp full of leek mixture and form it into flat patties
11. heat more oil in a frying pan and place around 4-5 patties into the pan
12. fry for a few minutes until brown and crisp. Flip over
13. cook on the other side till golden brown
14. remove for pan and serve with a salad or some sour cream

**Notes:**

**Skills:** measuring, *mixing*, *chopping*, *frying*, *grating*