



LEEK & CAULIFLOWER FRITTERS

<i>Ingredients</i>	<i>Equipment</i>
250 grams Cauliflower	Large Mixing Bowl
1 Rasher Bacon/ Omit	Chopping Boards
1 Leek	Knives
1 Silver beet Leaf	Grater
¼ Cup grated Parmesan Cheese	Spoon Measures
4 Eggs/ No Egg Replacer	¼ Cup Measure
2 Tablespoons SR Flour/ Gluten Free SR Flour	Electric Frypan
Salt & Pepper to taste	Paper Towel
Vegetable Oil for frying	

What to do

1. Chop cauliflower into very small pieces
2. Wash and slice leek very finely
3. Rip Silver beet leaf from the stalk and chop finely.
4. Remove rind from bacon and chop into very small pieces
5. Grate parmesan cheese so you have ¼ cup
6. Beat eggs
7. Place all your chopped and grated ingredients including the flour, salt, pepper and eggs into a large mixing bowl and mix until well combined.
8. Heat oil in the electric frypan.
9. Cook tablespoons of mixture in batches for 2 minutes on each side or until golden.
10. Drain on absorbent paper and serve.