



Broccoli & Tasty Light Cheddar Fritters

<https://www.mainland.co.nz/recipe/broccoli-tasty-light-cheddar-fritters.html>



Prep Time
10 mins

COOKING Time
20 mins

SERVES
4

These delicious fritters combine the goodness of broccoli with crowd-pleasing Mainland Tasty Light and a punchy yoghurt sauce. Wonderful for a light lunch or as a lunchbox filler by Kelly Gibney. They are gluten free too, so great for those with dietary requirements.

Ingredients

- 1 medium head broccoli – cut into florets
- 3 free-range eggs
- ½ cup milk
- 1 large garlic clove – finely diced
- ½ cup tapioca flour
- 2 cups grated Tasty Light Cheese
- Sea salt and cracked black pepper
- Olive oil for frying fritters
- Garlic & mint yoghurt
- 1 cup full-fat Greek yoghurt
- 1 large garlic clove – finely diced
- Handful fresh mint leaves - roughly chopped
- Zest of 1 lime
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- To serve: additional fresh mint leaves, lime wedges

Method

1. Combine all the yoghurt sauce ingredients in a bowl and mix well. Season generously with sea salt and cracked black pepper. Store in the fridge until ready to use.
2. Steam broccoli florets until tender. Set aside for 10 minutes to cool. Lay out on a chopping board and roughly dice.
3. Whisk together the eggs, milk, garlic, tapioca flour and grated cheese. Season well. Stir through broccoli.
4. Heat a glug of olive oil in a sauté pan over a medium heat. Cook heaped tablespoons of fritter mixture (you should be able to fit 4 at a time in the pan). Spread the broccoli pieces out a little over the surface of the fritter before flipping. You can also tidy up any stray tendrils of batter with the spatula or back of a spoon. Cook for 3 minutes on both sides until golden brown.
5. Repeat until all the batter is used.
6. Serve the fritters with the yoghurt dip on the side. Garnish with fresh mint leaves and lime wedges.
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8. Leftover fritters can be stored in the fridge for up to 3 days.