



Ingredients:-

½ a head of Cauliflower, parboiled
100 g of Grated Cheese of choice. We used Cheddar
1/ of a stick of Chorizo, chopped into very small cubes
A pinch each of Parsley, Onion Salt and Garlic Salt
An Egg, beaten
Breadcrumbs (Gluten free for us)
Salt & Pepper to season

Method:-

- (1) Drain and mash the Cauliflower and allow to cool.
- (2) In a bowl mix all the other ingredients with the Cauliflower excluding the Egg and Breadcrumbs.
- (3) Heat a fryer to 160c.
- (4) Form the mixture into balls about the size of a Golf Ball.
- (5) Coat in Egg and then roll in Breadcrumbs.
- (6) Fry in small batches, turning gently until golden brown. Avoid frying for too long or your Cheese will escape!
- (7) Drain on kitchen paper and serve.

We had these as a side, but realistically with a bit of Salad and Coleslaw they would make a perfectly good lite meal.

