

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.