**Cheesy Baked Broccoli Fritters**

**Season:** Winter

**Serves:** 36 fritters

**Recipe source:** adapted from recipetineats.com.au

**Fresh from the garden:** broccoli, spring onion

**The broccoli has been precooked to allow time for this recipe to be prepared in class.**

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| **Equipment:**  Chopping board  Knives  Measuring cups and spoons  Electronic scales  Wooden spoon  2 Large mixing bowls  Baking trays lined with baking paper  Ice cream scoop  Egg rings  Spatula | **Ingredients:**  500g broccoli florets  5 eggs  ½ teaspoon (heaped) garlic powder  ½ teaspoon (heaped) garlic powder  1 teaspoon mixed dried herbs  1 teaspoon cooking salt  Big grind black pepper  3 cups cooked rice  300g grated cheese  4 spring onions  ¾ cup breadcrumbs  Olive oil spray  Dipping sauce  500g natural yoghurt  1 tablespoon sirracha |

**Please turn over.**

**What to do:**

1. Preheat oven to 220°C, eco fan setting.
2. Steam or boil the broccoli until quite tender (but not mushy) and steam dry in the colander for 15 minutes (this has been prepared ahead for you). Chop the broccoli stalks into small pieces about ½ cm. The florets will end up minced.
3. To make the batter, mix eggs, garlic and onion powders, herbs, salt and pepper in a large mixing bowl using the wooden spoon.
4. Add broccoli, cooked rice, spring onion, cheese and breadcrumbs. Mx together until well combined.
5. Grease egg rings. Form fritters by using the ice cream scoop to measure out even sized fritters. Place them onto the lined baking trays in the egg rings. Push down firmly on the fritters to ensure they are tightly packed in the egg rings. Remove egg ring and then pray the surface with oil. Continue until all the fritter mixture is used.
6. Bake in the oven for 18 minutes, then flip over and bake for another 7 minutes until crispy.
7. Serve with dipping sauce.