



Traffic light category: **Green** Serves: 20 (approx. 50g each)

Ingredients

- 1 medium cauliflower, chopped
- 1 medium broccoli, chopped
- 2 slices bread, torn into small pieces
- Pinch of Italian seasoning
- 100g reduced fat cheese, grated
- 2 eggs

Method

1. Preheat oven to 180°C, line baking tray with grease proof paper
2. Steam cauliflower and broccoli until tender, mash or blend with a hand mixer
3. Combine cauliflower, broccoli and remaining ingredients in a large bowl, mix together until combined
4. Shape two heaped tablespoons of mixture into patties or balls, place on baking tray
5. Bake 15 minutes or until golden, turn over and bake for a further 10 minutes.

Note: the serving sizes will depend on the size of the cauliflower and broccoli - adjust accordingly

Recipe adapted with permission from the Western Australian School Canteen Association Inc. Original recipe courtesy of Recipe courtesy of Tracy Skipworth - Star of the Sea Primary School

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