




 **Serves:** 6

 **Fresh from the garden:** Cauliflower, coriander, eggs, garlic, lime, onion, parsley

 **Season:** Winter

The lime yoghurt is a simple but tasty addition to the cauliflower fritters, which are always lovely during winter. Make sure you cook the cauliflower until it is tender but not mushy.

Ingredients

Nothing beats using your own fresh produce or materials around the house.
If you're missing a thing or two, tick the items you need to add to your shopping list.


For the fritters

- ☐ 500 g cauliflower, leaves discarded, cut into small florets
- ☐ ½ onion, peeled and finely chopped
- ☐ 1 handful of parsley, finely chopped (plus a few extra leaves to garnish)
- ☐ 2 garlic cloves, peeled and finely chopped
- ☐ 2 teaspoon roasted and ground cumin
- ☐ 6 eggs

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Equipment

- ☐ Metric measuring scales and spoons
- ☐ Oven-proof serving platters
- ☐ Large saucepan
- ☐ Clean tea towel
- ☐ Chopping board
- ☐ Cook's knife

 Zester or grater

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What to do

Remember to put a damp tea towel under your chopping board to stop it from slipping.

1. Preheat the oven to 70°C and place the oven-proof serving platters inside to warm.
2. Fill the large saucepan with water and bring it to the boil.
3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. Place the cauliflower florets in the boiling water and cook over a medium heat for 10–15 minutes.
5. While the cauliflower is cooking, make the batter by whisking together the onion, parsley, garlic, cumin, eggs, flour, cinnamon, turmeric, salt and pepper in the large bowl.
6. Next make the lime yoghurt by combining the lime juice and zest, coriander, yoghurt and oil in the medium mixing bowl. Season to taste with salt and pepper. Keep in the fridge while you make the fritters.

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The Stephanie Alexander Kitchen Garden Foundation is a not-for-profit charity whose vision is to see children form positive food habits for life.

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