

# Cauliflower fritters

MAKES 12 \* PREP IN 15 MINS \* COOK IN 10 MINS

- \* 1 small head cauliflower, trimmed and roughly chopped
- \* 1 garlic clove, peeled and crushed
- \* 5 spring onions, finely sliced
- \* 1 red chilli, deseeded and chopped
- \* 75g Parmesan, thickly grated
- \* 1 egg, beaten
- \* 1 lemon, zest and juice
- \* 100g self-raising flour
- \* 1 anchovy fillet, rinsed and finely chopped
- \* 200ml light mayonnaise
- \* 2 tsp Worcestershire sauce
- 1 tbsp vegetable oil
- To serve**
- \* few handfuls rocket leaves



- 1 Boil the cauliflower for 5 minutes and drain. Add the garlic, spring onions, chilli, Parmesan, beaten egg and lemon zest and season. Sprinkle over the flour, mix and form into 12 fritters.
- 2 To make the sauce, mix together the anchovy fillet, lemon juice, mayonnaise and Worcestershire sauce and season.
- 3 Heat the oil in a pan and fry the fritters in batches for 3-4 minutes on each side, until cooked through. Serve with the sauce and a handful of rocket leaves.

**MORRISON'S MAGAZINE TIP** This zesty lemon and anchovy dipping sauce doubles up as a great salad dressing.

**Per fritter: calories 129 (6.5%), sugar 2.1g (2.3%), fat 8.2g (12%), saturates 1.9g (9.5%), salt 0.6g (10%) of your guideline daily amount**