

















Season:	Year round
From the garden:	Broccoli, onion, herbs
Type:	Snack
Difficulty:	Medium
Serves:	35 small tastes
Source:	Adapted from www.lovefoodhatewaste.co.nz by Sarah Carnahan, Ara Institute of Canterbury student

Equipment

-  Oven
-  Baking tray
-  Baking paper
-  Box grater
-  Large mixing bowl
-  Chopping board
-  Chef's knife
-  Tongs
-  Serving plates


Ingredients

-  1 large head of broccoli including stalk
-  1 small onion
-  1 egg
-  1/3 cup of plain flour
-  ½ cup grated cheese
-  1 teaspoon salt
-  1 small handful fresh herbs of your choice (to give 1 tablespoon chopped)

How to make it

1. Line baking tray with baking paper and preheat oven to 180°C.
2. Wash broccoli and herbs allow to dry on a clean tea towel.
3. Grate the broccoli including the stalk using the box grater. **Caution – box graters are sharp! Ask an adult to help you with this.** Place in a large mixing bowl.
4. Peel the onion, dice and add to the broccoli.
5. Chop herbs finely and add to the broccoli and onion.
6. Add the cheese, egg, flour and salt to the vegetable mixture and stir till combined.
7. Roll the mixture into small (teaspoon sized) balls then place on lined baking tray.
8. Carefully place tray in oven and bake for 12-15 minutes, turning the broccoli balls halfway through the cooking time. **Caution – hot! Ask an adult to help you with this.**
9. Carefully remove from the oven and place on serving plates. **Caution – hot! Ask an adult to help you with this.** Broccoli balls can be eaten on their own or served with a yummy GTT dipping sauce such as Herby Yogurt Dip, Hummus or Tomato Salsa. Broccoli balls can be enjoyed hot or cold and make a yummy addition to school lunchboxes.

Notes:

-  Broccoli balls can be tossed through warm tomato passata for a yummy alternative to meatballs. Serve topped with grated parmesan.

- 🥬 The flavour of these will change depending what herbs you use. Have fun trying different flavour combinations.

Skills:

- 🥬 Grating, mixing, chopping, **dicing***

* Dice: to cut food into small cubes of equal size so that the food is evenly cooked and/or pleasant in appearance for the recipe