

## Broccoli Bites

I like these because there is no frying involved and because by this time in Winter I am beginning to get a bit bored of steamed broccoli. Cauliflower would work as well. Last time I made them I split the mixture in three and seasoned them differently (adding chopped peanuts to one third worked well). A big knife and chopping board is good for this but of course you could use a processor.

350g broccoli in florets

4 spring onions, chopped

1 clove garlic, finely chopped

100g grated cheese

100g breadcrumbs

2 eggs, beaten

Salt, pepper

Chilli flakes or spicy seasoning (optional but good)

Lightly cook the broccoli by blanching for 2 minutes in salty boiling water then put in a colander and hold under the cold tap to stop the cooking. Drain well to get off as much water as possible.

Finely chop the drained broccoli and put into a large bowl. Add all the other ingredients and chill in the fridge for 20 minutes.

Preheat the oven to 200 degrees and line a large baking tray with grease proof paper. Form the mixture into little, fat sausages and bake for 15 minutes or until golden brown.

Serve as a side veg or with your favourite sauce. They freeze well and can be baked from frozen or reheated from frozen.