

Broccoli and tofu fritters

Utensils

Knives, non-slip mats, chopping boards
Large saucepan and colander
Large bowl
Mixing spoon
Large frying pan/s
Desert spoons
Egg flip
Paper towel
Serving plates

Ingredients

2 heads broccoli, cut into florets
1 large bung parsley, stems removed, chopped
1kg packet tofu, drained
1/3 tablespoons chia seeds, soaked in 1 cup water
225 grams self-raising flour
½ tsp salt
3 tablespoons sunflower oil, plus extra to add as you cook batches of fritters
Salt and Pepper to taste
Extra parsley to garnish

Method

1. Using a large frying pan, lightly saute broccoli in a little water.
2. Using a colander, drain the broccoli. Chop using Rock and Chop knife method
3. In a large bowl, mash the tofu until it is crumbled
4. Mix in the broccoli, parsley and Chia mix, and combine.
5. Sift the flour, salt and pepper, and fold until well combined.
6. Pour the sunflower oil into the pan and set on a medium high heat.
7. Place desert spoonfuls of the mixture into the pan, using a second spoon to carefully scrape off the mixture.
8. Cook the fritters for about 3 ½ minutes on the first side, and 3 minutes on the second.
9. Drain on paper towels
10. Repeat until all mixture is cooked.
11. Place onto serving plate/s, providing serving utensils
12. Garnish with parsley