

Cauliflower and Bacon Fritters

Calories: 209 kcal

Servings: 8

Time: 0 Mins

Ingredients

- 0.33 cup Arrowroot Flour
- 50.00 g Bacon (diced)
- 300.00 g Cauliflower
- 0.50 tsp Celery Salt
- 1.00 tbsp Chives (finely chopped)
- 2.00 whole Eggs
- 1.00 tbsp Extra Virgin Olive Oil
- 1.00 tbsp Golden Flaxmeal
- 10.00 g Sour Cream

Instructions

1. Place a medium non-stick pan on medium-high heat. Once pan is hot, add bacon and cook for 2 minutes or until bacon starts to brown. Set aside and turn stove off.
2. Put aside 2/3 cup of small cauliflower florets and finely grate the remaining cauliflower. Wrap rice cauliflower in a muslin cloth or clean tea towel and squeeze out any extra moisture. This process should create 1-2 tbsp.
3. Whisk together eggs in a large bowl, then add grated cauliflower, cauliflower florets, bacon, celery salt, arrowroot flour and golden flaxmeal. Use a spatula or wooden spoon to mix ingredients until well combined.
4. Heat pan over a medium-high heat. Add olive oil.
5. While pan is warming up, use spoons or damp hands to mould 2 tbsp of the mixture into patties.
6. Place 3-4 patties in the pan, do not overcrowd the pan. Cook for 3 minutes on each side until golden. Remove and cook remaining batter. Makes 8 large fritters (or 12 small).
7. Combine sour cream and finely chopped chives with sea salt and pepper. Dollop on top to serve.