

CAULIFLOWER CHEESE & ONION CROQUETTE



COURSE: SIDE DISH CUISINE: AMERICAN

KEYWORD: LOW CARB CAULIFLOWER RECIPES

PREP TIME: 20 MINUTES COOK TIME: 15 MINUTES

TOTAL TIME: 35 MINUTES SERVINGS: 12 CROQUETTES

CALORIES: 88KCAL AUTHOR: ANGELA COLEBY



Cauliflower croquettes are a low carb alternative to potato croquettes and here I've added cheese and onion. With no breadcrumb coating they are also gluten free.

INGREDIENTS

- 1 medium [Cauliflower](#)
- 1 Cup [Parmesan Cheese](#) grated
- 2 teaspoons [garlic powder](#)
- 4 spring onions finely chopped
- ½ cup [Cheddar Cheese](#) grated
- ½ teaspoon [Dijon mustard](#)
- ½ teaspoon [salt](#)
- ½ teaspoon [pepper](#)
- 2 tablespoons [olive oil](#)

INSTRUCTIONS

1. Cut the cauliflower into florets, place in a saucepan of water, bring to the boil, cover and simmer for 10-15 minutes until soft.
2. Drain the water and cool.
3. Remove the excess water from the florets. I either squeeze them in my hand or put them in my nut milk bag and squeeze.
4. Mash the cauliflower either by hand or blender.
5. Add the chopped spring onions, Cheddar cheese, 1 cup Parmesan cheese, mustard and seasoning. Mix thoroughly.
6. Make into croquettes shapes by hand.
7. Place the croquettes onto parchment/greaseproof paper and put into the fridge for about 30 minutes to firm up.

PAN FRYING

1. Heat the olive oil in a frying pan on a medium heat
2. Gently fry the croquettes, turning over until golden in colour.
3. Eat and enjoy!

COOKING IN AN AIR FRYER

1. Preheat the air fryer for 5 minutes as per the manufacturer's instructions.
2. Lightly spray the air fryer basket with olive oil spray to prevent sticking or use an air fryer liner.

3. Place the croquettes in a single layer in the air fryer basket, ensuring they are not touching. You may need to cook them in batches depending on the size of your air fryer.
4. Air fry at 375°F (190°C) for about 12-15 minutes, shaking the basket halfway through.

NOTES

Makes 12 small croquettes.

NUTRITION

Serving: 1croquette | Calories: 88kcal | Carbohydrates: 3g | Protein: 5g | Fat: 6g | Fiber: 1g | Net Carbohydrates: 2g