

Broccoli cheese balls

Difficulty: 4/5

Prep time: 20 minutes

Cooking time: 20 minutes

Made for: 4 people

Perfect snack high in iron, calcium and fibre. Takes a bit of time to prepare, but the perks to that is you can bulk prepare them on a free day and they last for months in a freezer.

Ingredients:

- Broccoli or broccolini, roughly chopped for crunchiness, finely chopped otherwise; 1 cup
- Breadcrumbs, $\frac{1}{4}$ cup
- Eggs x 2, whisked
- Shallots, 2 strips, diced
- Garlic clove x 2, minced
- Shredded cheese of your choice, $\frac{1}{4}$ cup
- Salt and pepper, to taste
- Extra virgin olive oil, $\frac{1}{4}$ cup

Method:

1. Preheat oven with 180°C while you prepare the ingredients
2. Mix all ingredients and roll into ball shape. The ball shape should stay and not crumble apart (too dry) nor flatten (too wet). Add more oil if too dry, add more breadcrumbs if too wet
3. Place balls on baking tray with a layer of baking paper
4. Bake with 180°C for 25 minutes or until golden
5. ENJOY!

Variation: LEAN BEEF CHEESE BALLS

Same steps as above, just swap the broccoli with extra lean beef mince!

Nutritional value:

- Broccoli is rich in iron, vitamin C, folate and fibre
- Cheese is rich in calcium, which is important for bone health
- Extra virgin olive oil is rich in phytonutrients, which is shown to have anti-inflammatory effects (i.e. fights against inflammation which is prevalent in conditions such as arthritis, diabetes, hypertension, cancer and more)