

Broccoli Balls

Ingredients:

2 cups grated broccoli stalk and or finely chopped florets.

1 small onion finely chopped

1 egg

1/3 cup flour

½ cup grated parmesan cheese

¼ tsp salt

Pepper to taste

1Tbsp fresh herbs (optional)

Method

Preheat oven to 180 degrees C

Mix all ingredients together.

Roll mixture into teaspoon sized balls and place on baking tray.

Bake for 12-15 minutes turning half way through baking time.