Breakfast

Golden Cauliflower Patties with Eggs

Crisp golden patties of riced cauliflower, baby spinach and parmesan, pan cooked and finished with an egg on top.

50 min	344	10 g	8.5 g
time	calories	carbs	sugars



Gluten free

Ingredients, 2 servings

- [ ] 1 small cauliflower head, grated or pulsed in a processor
- [ ] 1 cup baby spinach, shredded
- [ ] 1 egg
- [ ] ¼ cup almond meal
- [ ] 1 tablespoon flaxseed meal
- [ ] 1 tablespoon parmesan, grated
- [ ] 2 tablespoon chives or spring onion, finely chopped
- [ ] ½ teaspoon garlic powder
- [ ] 1 tablespoon olive oil
- [ ] Salt & pepper to taste
- [ ] 4 eggs, poached or fried

Method

- [ ] **1** Blitz the cauliflower head in a food processor until it reaches a rice-like texture, or grate it by hand; you should end up with roughly 2 cups of cauliflower rice.
- [ ] **2** Tip the cauliflower rice into a clean tea towel and wring out as much water as you possibly can.
- [ ] **3** Combine the cauliflower rice, shredded baby spinach, 1 egg, almond meal, flaxseed meal, grated parmesan, garlic powder, finely chopped chives, and salt and pepper in a mixing bowl.
- [ ] **4** Shape the mixture into 4 small patties and chill them in the refrigerator for at least 30 minutes so they firm up.
- [ ] **5** Heat the olive oil in a non-stick pan, then cook the patties 3 to 4 minutes per side until golden brown.
- [ ] **6** Poach or fry the 4 eggs and set one on top of each hashbrown to serve.

Nutrition Facts

Per serving

Calories	**344**
Total fat	21 g
Saturated fat	4.4 g
Sodium	374 mg
Total carbs	10 g
Fiber	7.1 g
Total sugars	8.5 g
Protein	26 g

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