

Recipe Name: Cauliflower Croquettes Recipe

Diet Type:

Course: Appetizer

Cuisine: Continental

Quantity: 2 pieces



Ingredients

Ingredient	Quantity
• 1 Cauliflower (gobi) - cut into small pieces	4
• 1/2 cup All Purpose Flour (Maida)	
• 1 cup Milk	
• 2 tablespoon Butter	
• 4 cloves Garlic - chopped	
• 1 tablespoon Rosemary	
• 1 tablespoon Dried Thyme Leaves	
• 3 tablespoon Tabasco Original - Hot Sauce	
• Salt - to taste	
• 1 Whole Egg	
• 1/2 cup Whole Wheat Bread crumbs	
• Sunflower Oil - for frying	

Preparation

- To begin making the Cauliflower Croquettes Recipe, we will first pressure cook the cauliflower with little water and sprinkle some salt and cook it for 2 whistles.
- Keep it aside and allow the pressure to release naturally.
- In a sauce pan, heat milk, add but.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	10	8	2	1