



Rest. veg.
1/4

Protein
1/4

Cauliflower Hash Browns

Cauliflower is very low in calories and carbohydrates and high in vitamin C which makes it a lovely alternative to our traditional hash browns. These are a great breakfast habit to get into - they are healthy and so easy to make.

4 key attributes of cauliflower:

1. Firstly, it's a superb source of your B vitamins including B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine) and B9 (folic acid).
2. It contains omega-3 fatty acids and vitamin K.
3. It is also as a good source of the minerals - phosphorus and potassium.
4. The powerful antioxidants (Vit C and manganese) in cauliflower truly make this one vegetable you should not be over looking in the supermarket this week!

Ingredients

- ½ head of cauliflower, grated
- 100g onion, finely chopped
- 1 egg, beaten
- ½ teaspoon of garlic powder
- ½ teaspoon of salt and pepper
- 1 cal fry light spray

Directions

1. Heat non-stick skillet, spray with 1 cal fry light and sauté onions until well softened.
2. Grate cauliflower into a large bowl, add onion, garlic, salt pepper and beaten egg. Stir the mixture together and make four patties.
3. Cook on your hot pan over a medium heat for 3-5 mins until nicely browned, turn over and cook for a further 3 to 5 minutes.
4. You can add some chilli flakes or cajun pepper to give these a little extra spice.