



Baked Broccoli Tots

You will never again have trouble getting your family to eat broccoli once you serve these cute, bite-sized baked tots. They even freeze really well to have on standby as a quick snack!



Recipe Summary

Preparation: 30 mins

Serves: 4 - 6

Main Tasks

- Washing
- Blending
- Grating
- Stirring

Allergy Info*

Dairy: Swap cheese and cream for non-dairy alternatives.

Egg: 2 eggs included

Gluten: Use gluten free breadcrumbs

Nut: No nuts

Ingredients

- 2 large eggs
- 12 oz./350g chopped broccoli
- $\frac{2}{3}$ cup panko breadcrumbs
- $\frac{1}{3}$ cup grated Parmesan cheese
- $\frac{1}{4}$ cup finely chopped scallions
- 1 tablespoon chopped fresh flat-leaf parsley
- 1 tbs. chopped fresh basil
- $\frac{1}{2}$ tsp. kosher salt
- $\frac{1}{4}$ tsp. black pepper

Directions

Step 1: Preheat oven to 205°C / 400°F. Line a large rimmed baking sheet with parchment paper, and spray with cooking spray.

Step 2: Bring a medium saucepan of water to a boil over high. Add broccoli, and cook until bright green, about 2 minutes. Transfer to a bowl of ice water, and let chill 5 minutes. Drain well, and pat very dry.

Step 3: Place broccoli in a food processor, and pulse until finely chopped. Transfer to a large bowl, and stir in eggs, panko, Parmesan, scallions, parsley, basil, salt, and pepper until fully combined. Scoop about 1 tbs. of the mixture into your hands, and form into a nugget shape

nugget shape. Place on prepared baking sheet, and repeat with remaining broccoli mixture.

Step 4: Lightly coat tots with cooking spray, and bake in preheated oven until browned and crispy, 20 to 25 minutes, turning halfway through.

Cheddar Dipping Sauce

- $\frac{1}{2}$ cup heavy whipping cream
- 3 ounces extra-sharp Cheddar cheese, finely grated.

Place cream in a microwavable dish and heat on HIGH until hot, about 1 minute, stirring after 30 seconds. Gradually stir in Cheddar until melted and smooth.

Serve immediately with Tots!



Top Tip

For the fussiest eaters, blend the broccoli more finely to remove any obvious broccoli lumps!

