

Cauliflower Kofta



Ingredients

Ingredients for 30 cauliflower kofte:

500g Ardo Cauliflower 30-60

60g Ardo Garlic diced

40g Ardo chili red diced

50g Ardo Parsley flat

100g Ardo BBQ style herb mix

100g Ardo Shallots

1 dl milk

50g breadcrumbs

50g wheat flour

50g oatmeal

2 eggs

Salt and pepper

Preparation

1. Boil the cauliflower florets in lightly salted water for about 10 minutes. Drain them and then blend them.
2. Mix all the ingredients together to make the kofta.
3. Shape and fry the meatballs until golden on both sides.

Allergens

Milk

Gluten

Egg



We preserve nature's gifts