



Cauliflower "Rice" Fritters with Poached Eggs

Servings

4

Calories

310

Prep Time

15 minutes

Total Time

35 minutes

Skill Level

Difficult

Ingredients

- 1 (12 ounces) package Mann's Cauliflower "Rice"
- ¼ cup grated Parmesan cheese
- 1 egg
- 4 teaspoons fresh chives, chopped
- 2 cloves garlic, minced
- 1 teaspoon lemon zest, finely grated
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ cup all-purpose flour
- 1 teaspoon baking powder
- ¼ cup vegetable oil

Assembly

- 4 eggs, poached
- 1 tablespoon fresh chives, chopped
- sriracha sauce (optional)



The Method

In large pot of boiling salted water, cook Cauliflower "Rice" for about 8 minutes or until tender; drain well. Let cool completely. Pat dry with paper towel to absorb extra moisture.



Cauliflower "Rice" Fritters with Poached Eggs

Stir Cauliflower "Rice" in cheese, egg, chives, garlic, lemon zest, salt and pepper. Combine flour with baking powder; stir into Cauliflower "Rice" mixture. In large nonstick skillet, heat oil over medium heat; drop batter by 2 tablespoonfuls into pan and flatten slightly with spatula. Fry fritters, in batches, for 3 or 4 minutes per side or until golden brown.

For Assembly:

Arrange a few fritters on each plate; top each with poached egg. Garnish with chives. Serve with sriracha (if desired). Enjoy!

To Poach Eggs:

In large saucepan, pour in enough water to come 3 inches up side. Heat until water simmers gently. Stir in 1 tablespoons vinegar. Break each egg into small dish; holding dish just above simmering water, slip each egg into water, one at a time. Cook, in barely simmering water, for 3 to 5 minutes or until the white is set and yolk is cooked to desired doneness. Remove eggs with slotted spoon; drain well on paper towel.

Tip: Serve with smoked salmon or peameal bacon if desired.

Nutrition Facts

Serving Size: 200g | Servings: 4

Amount Per Serving

Calories 310 | Calories from Fat 190 | Total Fat 22g (sat fat 4.5g trans 0g) | Cholesterol 235mg | Sodium 570mg | Total Carbohydrate 18g | Dietary Fiber 2g | Sugars 3g | Protein 13g | Vitamin A 8% | Vitamin C 80% | Calcium 15% | Iron 10%