

Foodnity Recipes

Basic Cauliflower Fritters

A simple, golden-brown cauliflower fritter that satisfies cravings without guilt.

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups cauliflower florets, grated or pulsed
- [ ] 1 large egg, beaten
- [ ] 1/4 cup all-purpose flour
- [ ] 1/4 cup grated Parmesan cheese
- [ ] 1 tablespoon lemon juice
- [ ] 1 teaspoon honey
- [ ] 1/2 teaspoon salt
- [ ] 1/4 teaspoon black pepper
- [ ] 2 tablespoons olive oil for frying
- [ ] Fresh parsley, chopped (optional for garnish)

Instructions

1. Preheat a large non-stick skillet over medium-high heat and add the olive oil; let it shimmer.
2. In a bowl, combine the grated cauliflower, egg, flour, Parmesan, lemon juice, honey, salt and pepper; stir until just blended.
3. Spoon heaping tablespoons of the batter into the hot skillet, flatten gently with the back of a spoon, and cook 3-4 minutes per side until golden brown.
4. Transfer cooked fritters to a paper-towel lined plate to drain any excess oil; repeat with remaining batter.
5. Serve warm, sprinkled with fresh parsley and a wedge of lemon; enjoy the crisp bite.

Nutrition per serving

180 kcal	8 g	15 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pat the cauliflower dry; excess moisture leads to a soggy crumb.
- If the batter feels too thick, add a splash of milk or water.
- For extra flavor, toast the flour lightly before mixing.