

Broccoli Gems (Cheesy Broccoli Tots)

Ingredients

- 1 head of broccoli
- 1 potato
- 1/2 cup grated parmesan
- 1 tsp minced garlic
- 1 egg

Method

1. Grate the potato and broccoli including stem.
2. Add cheese, garlic, and egg, and mix together well.
3. Shape into tot shapes, place on greased baking tray, and bake approximately 15 minutes at 180C / 350F.

Notes

Makes approximately 24.

Revision #2

Created 2025-01-25 20:26:26 UTC by Anna Pardee

Updated 2025-10-08 02:06:33 UTC by Anna Pardee