

Cauliflower and pea bites

Search:

- [Vegetables](#)
- [Recipes](#)

Cauliflower and pea bites

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

Cauliflower and pea bites



Rate this recipe

3 people are cooking this [Count me in](#)

Cauliflower, pea and coconut combine to give a delicate flavour that even the fussiest of eaters will find hard to resist.

Ingredients (makes 12)

- 250g [cauliflower](#)
- 70g fresh or frozen [green peas](#) (if using fresh, weigh peas after they have been shelled)
- 55g gluten-free self-raising flour
- 20g coconut flour
- ½ tsp mild curry powder
- ¼ cup coconut milk
- 1 egg, lightly beaten
- Pinch of salt

Method

Preheat oven to 180°C (conventional oven) or 160°C (fan-forced oven). Grease and line 12 cavities in a mini-muffin tin (25ml capacity).

Roughly chop the cauliflower into large chunks. Steam for 15 minutes, or until tender. Remove from heat and set aside. Steam the peas for five minutes (if using fresh peas) or two minutes (if using

Cauliflower and pea bites

frozen peas).

In a large bowl, mash the cauliflower. Add the steamed peas and allow to cool a little.

Sift in the self-raising flour, coconut flour and curry powder. Add the coconut milk, egg and salt. Stir to combine.

Spoon the mixture into the muffin tray, filling each cavity.

Bake for 20 minutes.

Tip: If your child isn't into curry powder, try replacing it with ¼ teaspoon of freshly grated nutmeg.

Recipe: Kate Crocker } glutenfreeforlunchboxes.wordpress.com

```
function displayNutrition(msg) { $('#nutrition-label-container').text(msg); $('#nutrition-label-container').fadeIn(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('#.result').html(data); alert('This recipe was added to your favorites list'); }); }
```