

# Kimchi protein fritters

Fritters are a great meal option that can be made in advance, as they can be divided into portion sizes and refrigerated or frozen for future meals or for a snack. These fritters are high in protein thanks to the addition of the silken tofu and egg, and the kimchi adds a delicious flavor and a hint of spice.



- Serves : **Makes 12-15 fritters**
- Prep : **10 min**
- Cook : **20 min**

- Vegetarian
- Lactose free
- Snacks

## Ingredients

- ½ head of broccoli, roughly chopped
- 300g silken tofu
- 1 egg
- 1 cup kimchi, roughly chopped
- ½ cup wholemeal flour
- 3 spring onions, sliced
- ½ cup parsley leaves
- Olive oil for cooking
- Mixed lettuce and tomatoes, to serve

## Method

**1.** Add the broccoli to a food processor and pulse until coarse. Remove from the food processor and add to a large mixing bowl. Add the tofu to the food processor and pulse until smooth, then pour into the bowl with the broccoli.

**2.** Into the mixing bowl add the egg, kimchi, flour, spring onions and parsley. Stir until well combined.

**3.** Heat a large non-stick frying pan or grill over medium heat. Add a very small amount of olive oil and swirl around to coat the pan. Spoon approximately 1/3 cup of mixture into the pan and flatten into a fritter shape. Cook for 3-5 minutes on each side until golden. Repeat with remaining mixture.

**4.** Serve fritters warm with mixed lettuce and tomatoes on the side, plus extra kimchi if desired. Enjoy!