

## Raciones para 1

250 g  
Cauliflower, steamed or boiled

80 g  
Flour

1  
Egg

1  
Garlic clove

1  
Spring onion, chopped

- 1 To prepare cauliflower pancakes, chop finely the cauliflower.
- 2 Place it in a bowl and add flour, the egg, a clove of garlic and the spring onion. Stir everything until it is well combined.
- 3 Make the pancakes with a small portion of the bowl and create the pancake shape. You can begin shaping a ball and squashing it, it will be easier. Make small pancakes too, so they look better when served.
- 4 Cook the pancakes in a skillet, over medium heat, with a pinch of oil so they don't stick to the pan. Wait until they are golden brown on both sides.
- 5 Last, place three pancakes on a plate, and put some yogurt sauce and a bit of chopped spring onion to decorate and... we're done!

# Chef's Notes

---

---

---

---

<https://cookinglovers.teka.com/es/receta/tortitas-de-coliflor/>

**COOKING**  
**LOVERS** 