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| **Ingredients:** | **Equipment:** |
| * 2 cups Brussels sprouts, finely chopped * 2 spring onions, finely chopped * 2 tablespoons flour * ½ cup grated parmesan cheese * 2 eggs, beaten * 2/3 cup panko bread crumbs * 120gms soft goat cheese * vegetable oil | * knife * chopping board * grater * fork * metric measuring cups/spoons * scales * frying pan * wooden spoon |

**Method:**

1. Combine Brussel sprouts, spring onions, flour and parmesan cheese.
2. Whisk eggs and add them & panko crumbs to Brussel sprout mixture.
3. Add goats cheese and season to taste.
4. Form small cakes and fry in a hot pan with vegie oil until golden and crispy. Cook on the other side and place on a tray with paper towel to absorb the oil.
5. Serve!