

Delicious Broccoli Feta Fritters: Easy & Healthy Appetizer

Who says eating your vegetables has to be boring? These



TIME
3-4 min

METHOD
Air fryer

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INGREDIENTS

2 cups broccoli florets, finely chopped
1 cup feta cheese, crumbled
¾ cup all-purpose flour
2 large eggs, beaten
... cup breadcrumbs (Panko for extra crispiness is a great choice)
... cup green onions, finely chopped
2 cloves garlic, minced
¾ teaspoon salt
... teaspoon black pepper
... teaspoon red pepper flakes (optional, for a little kick)

Olive oil for frying

Swaps and Notes:

Broccoli: You can use fresh or frozen broccoli (if frozen, thaw and squeeze out excess water very well). For other veggie options, cauliflower, zucchini (grated and squeezed dry), or even finely chopped carrots could work.

Feta Cheese: If you're not a fan of feta, shredded cheddar, Monterey Jack, or even goat cheese could be interesting substitutes, though the flavor profile will change.

Breadcrumbs: While regular breadcrumbs are fine, Panko breadcrumbs will give you a notably crispier exterior. You can also use gluten-free breadcrumbs if needed.

Green Onions: Chives or finely minced red onion could be used as alternatives.

Spices: Feel free to adjust the amount of red pepper flakes to your heat preference. A pinch of dried dill or oregano could also complement the feta and broccoli.

Binding Agents: If your mixture seems too wet, add a little more flour or breadcrumbs. If too dry, a tiny splash more of beaten egg or milk.

Instructions:

Prepare the Mixture: In a large mixing bowl, combine your finely chopped broccoli florets, crumbled feta cheese, all-purpose flour, beaten eggs, breadcrumbs, finely chopped green onions, minced garlic, salt, black pepper, and the optional red pepper flakes. Use your hands or a sturdy spoon to mix everything together until it's thoroughly combined and holds together.

Form the Patties: Take portions of the mixture and form them into small, flattened patties, about 2-3 inches in diameter and roughly ½ inch thick. Make sure they are uniform in size for even cooking.

Heat Oil and Fry: Heat a generous drizzle of olive oil in a large skillet over medium heat. You'll want enough oil to lightly coat the bottom of the pan. Once the oil is hot and shimmering, carefully place the fritters into the skillet, being careful not to overcrowd the pan.

Cook the Fritters: Fry the fritters in batches for about 3-4 minutes per side, or until they are beautifully golden brown and cooked through. The broccoli should be tender-crisp.

Drain Excess Oil: Once cooked, transfer the golden fritters to a plate lined with paper towels to drain any excess olive oil. This helps keep them crispy.

Serve: Serve the fritters warm. For an extra flourish, you can garnish them with a little more crumbled feta cheese and a sprinkle of fresh green onions or chopped parsley.

Nutritional Information:

Prep Time: 15 minutes

Cooking Time: 20 minutes

Total Time: 35 minutes

Kcal: 150 per serving

Servings: 4

Tips for Success:

Finely Chop Broccoli: This is key! Smaller pieces of broccoli cook more evenly and integrate better into the fritter, preventing them from falling apart. You can pulse them in a food processor if you prefer, but be careful not to make a paste.

Don't Overcrowd the Pan: Fry in batches to maintain the oil temperature. Overcrowding can lower the oil

temperature, leading to greasy, less crispy fritters.

Firm Patties: Ensure your patties are well-formed and firm before frying. This helps them hold their shape. If they seem too loose, add a tiny bit more flour or breadcrumbs.

DIRECTIONS

1. **Prepare the : Mixture:** In a large mixing bowl, combine your finely chopped broccoli florets, crumbled feta cheese, all-purpose flour, beaten eggs, breadcrumbs, finely chopped green onions, minced garlic, salt, black pepper, and the optional red pepper flakes. Use your hands or a sturdy spoon to mix everything together until it's thoroughly combined and holds together.
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14. Firm : Patties: Ensure your patties are well-formed and firm before frying. This helps them hold their shape. If they seem too loose, add a tiny bit more flour or breadcrumbs.
15. Taste : Test Mixture: Before frying all of them, try cooking one small test fritter. This allows you to adjust the seasoning (salt, pepper, red pepper flakes) to your liking before committing to the whole batch.
16. Serve : Warm: Fritters are always best enjoyed warm when they are at their crispiest.
17. Serving Suggestions and Pairings: These Broccoli Feta Fritters are incredibly versatile. They make a fantastic appetizer served with a simple Greek yogurt dip mixed with a squeeze of lemon and a dash of garlic powder. For a light lunch, pair them with a fresh green salad. As a side dish, they complement grilled chicken, fish, or even a hearty soup beautifully.
18. Looking for other quick and easy dishes? You might enjoy:
19. My A : Light, Tangy Chicken Salad I Actually Crave (and There's No Mayo in Sight!) for a fresh and flavorful meal.
20. Storage and Leftover Tips: Leftover Broccoli Feta Fritters can be stored in an airtight container in the refrigerator for up to 3-4 days. To reheat, the best way to regain their crispiness is to warm them in a toaster oven, air fryer, or a dry skillet over medium heat until heated through. Microwaving is an option, but they will be softer.
21. More Recipes You Will Love: If you enjoyed the simplicity and deliciousness of these fritters, you'll love exploring these other easy and satisfying recipes:
22. For a super quick breakfast or brunch, check out my This One-Pan Breakfast Bake Will Make You Skip.
23. If you're into trendy and healthy breakfast options, give The Viral Cottage Cheese Pancake Everyone's a try.
24. And for a truly minimal effort start to your day, my This 3-Ingredient Egg Wrap Is Taking Over Busy is a lifesaver.
25. For an effortless appetizer that always impresses, try This Baked Brie Appetizer Is My Favorite Effortless Way to Impress Guests.

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/delicious-broccoli-feta-fritters-easy-healthy-appetizer/>