

*STIR IN OR SPRINKLE ON*

# FLAVOUR SHAKE

savoury cheese

CAULIFLOWER  
POPCORN



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# SAVOURY CHEESE CAULIFLOWER POPCORN

## INGREDIENTS

1 large head cauliflower, chopped into small florets  
3 tbs Australian olive oil  
80g Savoury Cheese Flavour Shake  
½ tsp fine Celtic salt  
½ tsp sweet paprika  
Pinch cayenne pepper, optional

## METHOD

Preheat air fryer to 200°C.

In a small ramekin, mix together Savoury Cheese Flavour Shake, salt, paprika and pepper (if using).

In a large bowl, toss cauliflower with olive oil and cheese flavour mix until evenly coated.

Working in batches, air fry cauliflower for 5 – 10 minutes or until crisp and golden. Alternatively, you can roast the cauliflower in a hot oven.

Serve with an extra sprinkling of Savoury Cheese Flavour Shake for extra flavour.

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# FLAVOUR SHAKE

savoury cheese

GARLIC  
POTATO CROQUETTES



the source  
BULK FOODS

# SAVOURY CHEESE CHEESE GARLIC POTATO CROQUETTES

MAKES 14

## INGREDIENTS

500g Sebago potatoes  
80mL milk, your choice  
3 tbsp Savoury Cheese Flavour Shake  
30g Australian organic chickpea besan flour  
125mL water  
100g breadcrumbs  
1 tsp nutritional yeast flakes  
1 tsp Australian garlic salt

## METHOD

Preheat oven to 200°C.

Prick potatoes a few times with a fork, then bake in the oven for 60 minutes or until very soft, ensuring they are overcooked rather than undercooked.

Remove potatoes from oven and while hot, cut each potato in half and scoop out the flesh. Place the flesh into a bowl or blender, using an oven mitt to hold the hot potatoes.

While still hot, mash the potatoes until smooth, then gently fold in the milk and Savoury Cheese Flavour Shake. Refrigerate until cool.

In a bowl, prepare 'egg' wash by combining besan flour and water, stirring until smooth

In another bowl, prepare the coating by adding breadcrumbs, yeast flakes and garlic salt.

Roll the mashed potato into logs, about 2 tablespoons each.

Dip each log into the 'egg' wash, then roll in the breadcrumb mixture. Set aside on lined tray.

Chill the croquettes in the refrigerator for 10 minutes.

Preheat air fryer to 200°C.

Lightly grease the air fryer basket with olive oil. Arrange croquettes in a single layer in the basket, ensuring they are not overcrowded. Air fry for 5 – 10 minutes or until crispy and golden brown, flipping half way through and re-oiling if needed. Alternatively, you can cook the croquettes in a deep fryer or oven.

Serve with marinara sauce or preferred dipping sauce.

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