



# Potato and Broccoli Croquettes

**45 minutes**

Hands on

**12**

Portion(s)

**1**

Difficulty



## Method

### For the mashed potatoes

- Wash the potatoes.
- Place them in a pot and fill it with enough water to completely submerge them.
- Boil for 14-16 minutes, until they soften.
- When ready, remove from heat and drain.
- Use a knife to help you lift and pull the peel off them.
- Mash them with a potato masher or a fork.
- Transfer pack to pot and place over low heat. Stir for 1-2 minutes. In this way you remove the moisture from the potatoes.
- Remove from heat and set aside.
- Fill another pot with water and bring to a boil.
- Add the broccoli, lower heat and simmer for 6-7 minutes, until it softens.
- When ready, remove from heat and drain.
- In order to remove all of the water, transfer to a plate lined with paper towels so they can soak up all of the moisture.
- Chop up the broccoli in a bowl. Add the mashed potatoes, egg yolk, cheese, breadcrumbs, thyme and mint leaves. Mix.
- Divide the mixture in to 12 equal sized balls. Then shape each ball in to an oval shape.
- Refrigerate for 10 minutes.
- In a separate bowls place the flour, the 2 beaten eggs and sesame seeds. One ingredient to a bowl.
- When the croquettes have chilled for 10 minutes, remove from refrigerator.
- First, dredge them in the flour. Then dip them in the beaten eggs and finally coat them in the sesame seeds.
- Place a large pot over medium heat.
- Add a generous amount of sunflower oil and heat it until it reaches 180\* C (350\* F).
- Fry the croquettes for 4-5 minutes or until nice and golden and mix often.
- When ready, remove from pan and transfer to a plate lined with paper towels.
- Allow to drain from excess oil and serve.

### For the dip

- In a bowl, combine the yogurt, mint, lime zest and lime juice. Ready to serve.

## Ingredients

### For the mashed potatoes

- 400 g potatoes, large, cut in half
- 150 g broccoli, cut into florets
- 1 egg yolk
- 100 g cheddar, grated
- 40 g dry breadcrumbs
- 5-6 sprig(s) thyme, fresh
- 10 mint leaves, finely chopped

### For the coating

- 50 g all-purpose flour
- 2 eggs, beaten
- 100 g sesame seeds
- sunflower oil, for frying

### For the dip

- 150 g strained yogurt
- 10 mint leaves
- 1 teaspoon(s) olive oil
- lime zest, of 1 lime
- lime juice, of 1/2 lime

## Διατροφικός πίνακας

### Nutrition information per portion

211 Calories (kcal)	13.7 Total Fat (g)	3.8 Saturated Fat (g)	12.8 Total Carbs (g)
11%	20%	19%	5%
1.7 Sugars (g)	8.0 Protein (g)	2.2 Fibre (g)	0.25 Sodium (g)
2%	16%	9%	4%