



# Spinach croquettes

10'  
Hands on

2 hours'  
Hands off

10'  
Cook Time

16  
Portion(s)

1  
Difficulty



## Ingredients

- 800 g spinach, washed, dried and sorted
- 100 g ricotta
- 10 g butter
- 3 egg yolks
- 1/2 teaspoon(s) nutmeg, ground
- 1/2 teaspoon(s) salt
- 125 g parmesan cheese, grated
- sunflower oil
- 25 g all-purpose flour
- 2 eggs, lightly beaten
- 100 g dry breadcrumbs

## Διατροφικός πίνακας

Nutrition information per portion

152 Calories (kcal)	9.6 Total Fat (g)	4.3 Saturated Fat (g)	6.8 Total Carbs (g)
8%	14%	22%	3%
1.2 Sugars (g)	8.5 Protein (g)	2.3 Fibre (g)	0.73 Sodium (g)
1%	17%	9%	12%

## Method

- If the ricotta is too loose or has too much liquid, put it in a towel and squeeze it dry.
- Melt the butter in a large [pan](#). As soon as it starts to melt, add the spinach in batches, waiting for each batch to wilt a little before adding the next.
- When all of the spinach has wilted, transfer to a strainer. Squeeze it to release all of its juices. It is important for it to be as dry as possible.
- Add the spinach, ricotta, egg yolks, nutmeg, salt and pepper to a food processor. Beat into a paste and then add the grated parmesan. Pulse to combine.
- Shape the mixture into 16 croquettes ( a barrel-like shape).
- Transfer to a [baking pan](#) lined with parchment paper. Cover with plastic wrap and refrigerate for 2 hours.
- To fry them, add sunflower oil to a pan and let it get very hot.
- Prepare the coating in 3 separate plates. Add a handful of flour to one plate, the lightly beat the eggs in another and put the breadcrumbs in the 3<sup>rd</sup> plate.
- Dredge the croquettes in the flour first, then in the egg mixture and last into the breadcrumbs to coat.
- Carefully add to hot oil. Fry for 5 minutes, until golden brown and crunchy.
- Remove from oil and transfer to a plate lined with paper towels. Allow to drain from excess oil.
- Serve warm.