



Polenta croquettes

15'
Hands on

3 hours'
Hands off

10'
Cook Time

35-40
Portion(s)

1
Difficulty



Ingredients

- 500 g water
- 500 g milk
- salt
- pepper
- 1 tablespoon(s) thyme
- 1/2 teaspoon(s) chili flakes
- 170 g polenta
- 1 vegetable bouillon cube
- 30 g butter
- 1 tablespoon(s) olive oil
- 50 g parmesan cheese, grated

To assemble

- 20 g parmesan cheese, grated
- 1 tablespoon(s) thyme
- pepper
- 500 ml sunflower oil, for the frying

To serve

- [sweet chili sauce](#)

Method

- In a [pot](#) add the water, the milk, and transfer over medium heat. Add salt, pepper, thyme, chili flakes, and let the mixture come to a boil.
- Add the polenta, the vegetable cube, and stir for 2-3 minutes until the mixture thickens. Then, simmer at low heat for 8-10 minutes by constantly stirring.
- Remove from the heat, add the butter, the olive oil, the parmesan, pepper, and mix.
- Transfer the mixture into a [22x23 cm baking pan](#), cover with plastic wrap and refrigerate for 2-3 hours. Make sure that the plastic wrap touches the surface of the mixture.
- Preheat the oven to 200° C (390° F) set to fan.
- Place a deep frying pan with the sunflower oil over medium heat. Do not let the oil get very hot.
- Take the mixture out of the baking pan and cut it in half. Cut each piece into thin strips of 1 cm.
- Spread half of the croquettes into a [baking pan](#) lined with parchment paper, add the parmesan, pepper, and bake for 10-15 minutes.
- Fry the rest of the croquettes at medium heat, in batches, for 3-4 minutes until they are golden.
- Remove and serve with the sweet and sour sauce.

Tip

The cooking time and the caloric calculation refer to the fried polenta croquettes.

Διατροφικός πίνακας

Nutrition information per portion

30 Calories (kcal)	2.3 Total Fat (g)	1.1 Saturated Fat (g)	1.3 Total Carbs (g)
2%	3%	6%	1%
0.6 Sugars (g)	1.1 Protein (g)	0.0 Fibre (g)	0.08 Sodium (g)
1%	2%	0%	1%