



Vegan spinach croquettes

15'
Hands on

8'
Cook Time

20-25
Portion(s)

1
Difficulty



Method

- Place a [frying pan](#) over high heat and add 1-2 tablespoons olive oil.
- Add the garlic finely chopped, the spinach, and mix for 4-5 minutes until the spinach wilts.
- Add the spring onions finely chopped, chili flakes, nutmeg, lemon zest, salt, pepper, the mint finely chopped, and cook for 1-2 minutes.
- Drain well so that you remove the whole moisture.
- Transfer the mixture into a food processor and add the cheese, the breadcrumbs, the olive oil, and beat well until the mixture thickens and becomes a puree. If the mixture is too liquid, refrigerate it to thicken.
- Place a deep frying pan on heat along with the sunflower oil until it gets hot.
- Shape the mixture into croquettes and dredge them into the flour, then water, and then breadcrumbs. Follow the same breading process again, and add them into the hot sunflower oil, in batches. Fry for 3-4 minutes until they are golden.
- Remove and set onto absorbent paper towel. Follow the same process for all the croquettes.
- Serve with [ketchup](#).

Ingredients

- 2-3 tablespoon(s) olive oil
- 1 clove(s) of garlic
- 1 kilo spinach
- 2 spring onions
- 1/2 teaspoon(s) chili flakes
- 1 pinch nutmeg
- lemon zest, of 1 lemon
- salt
- pepper
- 1/4 bunch mint
- 250 g vegan white cheese
- 80 g dry breadcrumbs
- 80 g sunflower oil, for the frying

For the breading

- all-purpose flour
- water
- dry breadcrumbs

To serve

- [homemade ketchup](#)

Διατροφικός πίνακας

Nutrition information per portion

77 Calories (kcal)	4.0 Total Fat (g)	0.2 Saturated Fat (g)	5.6 Total Carbs (g)
4%	6%	1%	2%
1.5 Sugars (g)	3.7 Protein (g)	2.0 Fibre (g)	0.42 Sodium (g)
2%	7%	8%	7%