



Veggie Croquettes

MAKES: 14-18 Croquettes

INGREDIENTS:

Mashed Potatoes

- 680g of potatoes
- 1/4 cup of unsweetened plant milk (almond, soy. Etc.)
- 2 teaspoons vegan butter
- ¾ tsp salt

Vegetables

- 1-2 cloves garlic, minced
- 1 carrot, peeled and grated
- ¼ red onion, finely chopped
- 2 stalks green onion, finely sliced
- 2 large mushrooms, finely chopped
- 1/3 cup baby spinach (lightly packed), finely chopped
- 1/8 cup red bell pepper, finely chopped
- 2-3 teaspoons vegetable oil
- Pinch salt

Breading

- ½ cup flour
- 1 cup unsweetened plant milk
- Pinch salt
- 2 tablespoons corn starch
- 1.5 cups whole wheat or white panko break crumbs





METHOD:

Potatoes

Boil potatoes for approx. 18 minutes, until they fell tender when poked with a fork. Drain potatoes and mash with $\frac{1}{4}$ cup unsweetened plant milk, 2 tsp vegan butter, and $\frac{3}{4}$ tsp salt. Set aside.

Vegetables

1. Heat 2-3 tsp vegan butter over medium-high heat in a large skillet. Add garlic, onion, carrots, broccoli, bell pepper, and mushrooms. Cook for 2-3 minutes. Add spinach and green onion. Saute until tender. Season with a pinch of salt (about $\frac{1}{4}$ tsp).
2. Mash vegetables into potato mixture. Refrigerate mixture until cool enough to handle.

Forming and breading patties

1. Measure out approx. 2 tbsp of potato mixture, roll it into a ball and flatten into a patty. Arrange patties on parchment paper. Makes 14-18 patties. Chill or freeze so that patties are firm before breading.
2. Gather 3 bowls or shallow dishes. Fill the first with $\frac{1}{2}$ cup flour, the second with a well-blended mixture of unsweetened plant milk, corn-starch and salt, and the third with panko bread crumbs.
3. Dip each patty briefly into flour, followed by the corn-starch thickened milk, and then the bread crumbs. Firmly press the bread crumbs into the patties.

Frying or baking the Croquettes

1. Frying: Heat $\frac{1}{2}$ " of oil over medium heat. Once oil is evenly hot, fry patties in batches of 1-5 (depending on size of oil vat), flipping after about 1 $\frac{1}{2}$ minutes. Each patty should be golden-brown and fully heated within 2 – 3 minutes.
2. Baking: Preheat oven to 230 degrees. Line baking sheet with parchment paper. Baked breaded croquettes for 10 minutes. Flip and bake for another 5-10 minutes.