

Gluten Free Vegetarian Croquettes



Over the Christmas break our Manager Kym revisited one of her favourite recipes from an old Woman's Weekly Cookbook; Vegetarian Croquettes. Kym modified the recipe making it gluten free using our gluten free crispy crumb mix and some seasonal herbs from the garden. This is a great recipe if your looking for something simple, fresh & light to cook this summer.

Ingredients:

2 large carrots grated
1 large zucchini grated
4 green shallots diced
2 tablespoons of chopped fresh mint
1/3 cup hazelnut meal
2 tablespoons brown rice flour
1 tablespoon potato starch
30g melted butter
1/3 cup brown rice flour (extra for coating)
2 eggs lightly beaten
2 tablespoons water
1 cup gluten free crispy breadcrumbs
1/3 cup sesame seeds
Olive oil for shallow frying

Method:

1. Place the carrot, zucchini, shallots, coriander, hazelnut meal, flour, potato starch and

butter in a large bowl and mix thoroughly.

2. Divide the mix up into 10 small to medium size portions and shape into croquettes.
3. Combine the eggs with water in one bowl and the crispy crumbs with sesame seeds in a second bowl.
4. Toss the croquettes in the extra flour, shake off the excess and then dip first in the egg mix followed by the crumbing mix.
5. Place the uncooked croquettes onto a tray and refrigerate for an hour.
6. Shallow fry in hot oil until golden brown all over. Serve hot with a fresh green salad or vegetables.

Inspiration:

Make your own homemade aioli or chilli dipping sauce.

Gluten Free | Refined Sugar Free | Vegetarian