



Broccoli Croquettes

Prep: 6 Minutes
Cook: 20 Minutes

Ingredients:

- 1 small head of broccoli, finely chopped
- ½ cup grated cheese
- 1 tablespoon chopped onion
- 1 tablespoon chopped parsley
- ½ cup fresh breadcrumbs
- 2 tablespoons dried breadcrumbs
- 1 egg
- 1-2 tablespoons of oil, for frying

Method:

- Cover the broccoli with boiling water leave 3-5 minutes, drain and cool
- Add the broccoli to a bowl, with cheese, onion, parsley, egg and fresh breadcrumbs
- Place a tablespoon of the filling on a paper towel and slightly squeeze out liquid. S
- Shape into croquettes
- Roll each croquette in dried breadcrumbs and refrigerate until ready to cook
- Heat oil in small frying pan and cook the croquettes, turning to brown all over
- Remove from pan and drain on paper towel
- **Serve and Enjoy!**



*Crispy Golden
Croquettes
Serve as is or as a side
Quick Easy Tasty*