

Vegetable Croquettes

Servings: 12 (1 piece per serving)



Ingredients

4 medium sized potatoes, diced 2 bread slices, crumbled 1/4 tsp chilli powder Salt to taste Oil for fry

For the filling

1 medium sized carrot, grated 1 small onion, chopped 2 green chillies, chopped A pinch of cumin powder 2-3 cheese cubes, grated

Nutrients

Approx. calories per serving: 100 Kcal

Procedure

Place the diced potatoes dripping wet in a 16 cm Regular unit. Cook on low heat until the Thermo Indicator reaches the 100 degree mark or until the potatoes are well done. Remove and mash. Then add the salt and chilli powder. Mix in the crumbled bread and knead into a smooth dough. Divide the dough into 12 portions and keep aside. Mix all the ingredients for the filling and divide into 12 portions.

Shape each portion of the potato into a small cup and spoon a portion of the filling into it. Seal the edges and roll into an oval/oblong shape. Deep fry until golden brown in a 20 cm Regular unit following the deep frying method in the "Everyday Cooking" section. Remove and drain on grease-absorbent paper. Serve hot with tomato sauce or a chutney of your choice.

Tip: For interesting filling variations, try vegetables like beetroot and grated cauliflower or any meat mince.