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..... USE UP THOSE LEFTOVERS

Lamb Croquettes

   @blueapplebunch

Lamb Croquettes

MAKES 12

Ingredients:

- 500g crushed leftover roast or mashed potatoes mixed with whatever vegetables you have left from dinner
- 250g chopped cooked roast lamb
- 2 tbsp chopped parsley
- Salt and pepper
- 100g plain flour
- 2 eggs
- 150g panko breadcrumbs

For the mint sauce:

- A large handful of fresh mint
- 1 tbsp of brown sugar
- 2 tbsp boiling water
- 3 tbsp malt vinegar

These lovely little croquettes are a fabulous way of using up any leftover lamb and veggies.

Plus, they're super tasty and just a little bit moreish!

Method:

1. Take 500g leftover roast potatoes (or mashed potato) and vegetables and mash until smooth with a fork in a large bowl
2. Mix in 250g chopped cooked roast lamb. Add 2 tbsp chopped flat-leaf parsley leaves
3. Season, then mix together well
4. Divide the mixture into 12 and roll each piece into even-sized log shapes
5. Take 100g of flour and coat each log well, shaking off any excess
6. Crack 2 eggs into a bowl, season with a little salt and pepper and whisk
7. Pour 150g panko breadcrumbs into another bowl
8. Dip each log into the egg mixture, and then into the panko breadcrumbs, making sure to coat each one well
9. Repeat with the remaining logs and put onto a baking tray
10. Preheat the oven to gas 6, 200°C, fan 180°C
11. Heat about 2-3 tbsp vegetable oil in a frying pan over a medium-high heat
12. Put half the croquettes in to the pan and cook for around 6-8 minutes, turning regularly until all sides are golden
13. Put on a separate baking tray and repeat with the remaining croquettes. When they are all cooked, put in the oven for 12 minutes
14. Meanwhile, finely chop a handful of mint leaves and put into a small bowl along with 1 tbsp light brown sugar. Pour 2 tbsp boiling water over and stir until the sugar has dissolved. Mix in 3 tbsp malt vinegar and set aside to cool
15. Remove the croquettes from the oven and put on a platter
16. Pour the mint sauce into a dipping bowl to serve alongside the croquettes