



**Croquettes with  
Warrigal greens,  
Saltbush and  
Meredith goats cheese**



**CHEF+TEACHER**  
**CAT CLARKE**  
plant+grow+learn

<b>DIFFICULTY:</b>	Medium
<b>SERVES:</b>	12
<b>SEASON:</b>	All year round
<b>PREP TIME:</b>	15 minutes
<b>COOKING TIME:</b>	15 minutes
<b>SUBSTITUTES:</b>	You can experiment with other flavours with these. Try adding 1 tbsp Wattleseed or lemon myrtle



**EQUIPMENT:**

Mixing bowls  
Chopping board  
Deep saucepan for deep frying or a deep fryer  
Tongs  
Tray  
Smile



**INGREDIENTS:**

2 cups of Mashed potato (use a potato ricer for mashing)  
1 cup of precooked Warrigal greens (please note that WG must be blanch before consuming, and throw out the water after cooking)  
1 cup of Saltbush leaves  
150gm Meredith goats cheese  
Lemon  
Salt and pepper  
1 cup flour  
1 egg  
2 cups of breadcrumbs



**METHOD:**

- In a large bowl mix together, potatoes, Warrigal greens, Saltbush, Meredith goats cheese, lemon and seasoning. Mix well
  - Set up your crumbing station. 3 bowls = 1. flour 2. egg mix 3. breadcrumbs
  - Shape the potato mixture into desired size logs / cylinders. Repeat this process to the remainder of the filling
  - Roll the croquettes into the flour first, then the egg mix and then the panko breadcrumbs
  - In a heavy medium saucepan heat oil over medium to high heat until hot.
  - In batches, fry croquettes until golden brown on all sides, drain on paper towelling. Serve with your favourite chutney, salsa, pesto or sauce.
  - Get in my belly
- 