

**GF Friendly**

**Chicken Croquettes**

**Chicken and mashed potato patties crumbed and fried**

I've wanted to try these for a while, so I kept back some cooked chicken and froze it until I was ready. From what I can gather, traditional croquettes are just mashed potato coated in egg and breadcrumbs, then deep-fried. I preferred to shallow-fry mine in the wok and they turned out fine.

- 100g cooked chicken
- 400g mashed potatoes
- 1 tsp chicken stock powder
- 1 egg, beaten
- a shake of salt and pepper (optional)
- ½ cup dry breadcrumbs
- Olive oil (or other) for shallow frying



Prepare the mashed potato and allow it to cool. If taking the chook from the freezer, allow it to defrost first. Shred the chicken by raking it with the tines of a fork lengthways.

Beat the egg in a bowl, then add 1 tablespoon to the mashed potato along with the stock powder, plus salt and pepper if using. Mix this well with the fork, put the shredded chicken in a bit at a time, mashing and mixing it in as you go. Have another bowl with the breadcrumbs handy; and also a sheet of baking paper on a tray.

Divide the mixture into 6 or 8 and form these by hand into rounds or egg-shapes. Roll each in the egg, transfer to the breadcrumb-bowl and roll again to coat. Place each on the baking paper; and when all are done, press down with the hand to flatten slightly. Now consign these to the fridge for about an hour to stiffen.

Heat about ½ inch (1.4cm) of oil in a wok or deep frying pan; then fry the croquettes in batches, turning carefully until both sides are golden brown. Keep warm in the oven.

Makes 6-8 croquettes

okay to freeze

**Tip:** you can add extra flavour with spices or herbs, but don't overdo it; and if you're giving them to the kids, try the plain version first.

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