

## Potato & sweetcorn croquettes



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Preparation 40 mins | Cooking 25 minutes | Makes 12

450g brushed potatoes, peeled and chopped  
1 sweetcorn cob, husks and silks removed  
½ cup flat-leaf parsley leaves, finely chopped  
100g sliced leg ham, finely diced  
2 free-range eggs + 1 egg yolk  
¼ cup plain flour + ½ cup extra for coating croquettes  
2 cups Panko\* breadcrumbs  
Rice bran oil, for deep frying  
Mixed salad, lime wedges & mayonnaise, to serve

*\*Panko breadcrumbs are Japanese-style crisp dried breadcrumbs available from the Asian section in most supermarkets.*

**STEP 1** Boil potatoes in a saucepan of boiling water for 10-12 minutes or until very tender. Drain and return potatoes to pan, roughly mash over heat for 30 seconds or until potatoes are dry. Remove from heat and mash until smooth. Transfer to a heatproof bowl and refrigerate until cold.

**STEP 2** Place sweetcorn into a shallow microwave-safe dish. Microwave on high for 3 minutes. Uncover and set aside to cool. Slice off kernels. Add corn, parsley, ham, 1 egg yolk and flour to potatoes. Season with salt and pepper. Mix to combine. Using about ¼ cup mixture per croquette, form mixture into 12 croquettes.

**STEP 3** Place extra flour onto a plate and season with salt and pepper. Beat remaining egg and eggwhite in a shallow dish. Place breadcrumbs onto a plate. Lightly coat each croquette in flour (dust off excess), dip in egg and evenly coat in breadcrumbs. Place onto a tray lined with baking paper. Cover and refrigerate for 30 minutes.

**STEP 4** Heat oil in a deep frying pan or deep fryer. Fry croquettes, in batches, until golden. Drain on paper towel. Serve with a green salad, lemon wedges and mayonnaise.