



EASY, TASTY RECIPES

PEA CROQUETTE

INGREDIENTS

4 portions, per serving:

Frozen Peas – 500g
Feta or Wensleydale Cheese – 125g
Fresh chopped mint – 10g
Fresh chopped dill – 10g
1 Egg
Fresh white breadcrumbs – 150g
Olive oil – 25ml
Grated Courgette – 90g
Juice & zest of 1 lime

INSTRUCTIONS

1. Place frozen peas into a pan of boiling water for approximately 2-3, the peas should start to soften slightly but still be lovely and crisp (do not overcook as peas will lose their fresh green colouring).
2. Wash and prep the fresh herbs by rinsing in cold water and chopping into fine pieces.
3. Wash and grate the courgettes.
4. Wash and zest the limes then cut lime in half and juice.
5. Using a hand grater, grate the slices of bread in order to produce breadcrumbs or use frozen bread and grate.
6. Crack the eggs into a bowl and whisk lightly.
7. Once the peas are cooked, drain and place in a large mixing bowl, using a handheld stick blender, blitz the peas briefly, they should be chopped not
8. Crumble the Feta or wensleydale cheese into the blitzed peas and mix well until cheese is well distributed.
9. Add the chopped mint, dill, egg, grated courgette, lime zest and juice and 50g of the breadcrumbs and mix together.
10. Spread the remaining breadcrumbs on a baking tray.
11. Place the pea mixture into a piping bag, cut a large hole in the piping bag and pipe pea mixture into croquette shapes on top of the remaining breadcrumbs. Sprinkle breadcrumbs over the top of the croquette until evenly coated.
12. Line a baking tray with baking parchment and place the rolled croquettes on top. Drizzle with the olive oil and place in the oven at 180°C for approximately 20-25 minutes until the croquettes turn crisp and brown and a core temperature of 75C is reached when probed.

For more kitchen wizard recipes and tips follow us on **Facebook**, **Twitter**, **Instagram @itsTwelve15**, or visit our website: itsTwelve15.co.uk



COOKS TIPS

Place slices of bread in the freezer the night before, this will make it easier when grating. Alternatively grate fresh bread slices the day before which will produce larger crumbs, place these into a bag and freeze, once frozen remove from freezer and bash with a rolling pin to produce a much smaller crumb.

