

Sweet Potato Quinoa Croquettes



Makes 16 croquettes. 70 Cals per croquette

600gm of sweet potato
1/2 red onion, diced
1/2 teaspoon salt
1/2 teaspoon pepper
2 garlic cloves, minced
1/4 cup quinoa (red, white or mixed)
1/4 cup rice crumbs
1/4 cup finely grated parmesan cheese
1/2 "continental vegetable stockpot" (or equivalent in stock cubes)
2 tablespoons chopped fresh parsley
2 tablespoons chopped fresh basil
1 large egg, lightly beaten

Extra 1/4 cup of rice crumbs
1 teaspoon of garlic and herb salt
1 tablespoon of parmesan, ground or grated very finely.

- Cook potato and mash roughly. Cook quinoa per packet instructions. Set aside.
- Dice onion and grate garlic. Cook together in 1 teaspoon of water until the onion is soft, add to the potato.
- Preheat oven to 200°C.
- Mix potato, quinoa, onion, garlic, rice crumbs, parmesan, parsley and basil and mix well. Add the beaten egg and mix through well. Season with salt and pepper to taste.
- In separate shallow bowl, mix the extra rice crumbs, garlic and herb salt and parmesan.
- Shape the potato mix into croquettes and lightly roll in the rice crumb mix.
- Place on a greaseproof paper lined tray. Bake in oven for 10-15 mins until the parmesan looks brownish. (The rice crumbs will remain looking white).
- Serve with a wedge of lime.