



## Bubble & squeak croquettes

READY IN



135 min.

SERVINGS



16

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 8 streaky bacon chopped
- ☐ 200 g breadcrumbs fresh white
- ☐ 50 g butter
- ☐ 0.5 large cabbage shredded
- ☐ 2 eggs with a pinch of salt and a little water beaten
- ☐ 200 g onions sliced
- ☐ 200 g flour plain for shaping plus a little extra well
- ☐ 500 g potatoes mashed
- ☐ 200 g turnips or any veg really), roughly chopped, then mashed

☐ 16 servings vegetable oil for frying

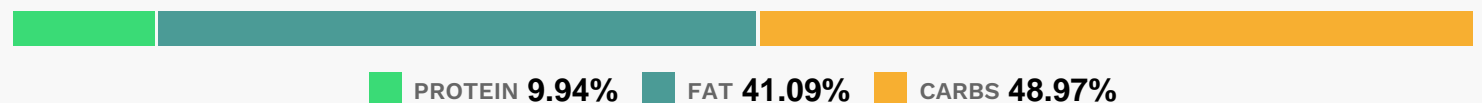
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

## Directions

- ☐ Melt the butter in a pan, then fry the onions and bacon together for 10 mins until the onions are soft and bacon has started to colour.
- ☐ Add the cabbage or sprouts to the pan with a good grinding of black pepper. Stir well, then add a splash of water and cook, covered, for 5 mins more until tender. Tip the potatoes and cooked veg into the pan, then mash really well.
- ☐ Mix in the eggs, then season to taste. Turn onto a floured surface, flatten out, then cut into squares about the size of a scone.
- ☐ Roll each piece into a cigar shape about 10cm long and the width of a £2 coin. Cool.
- ☐ Roll each croquette in the flour, then in the egg and finally in the breadcrumbs. Put onto a tray and chill for at least 1 hr.
- ☐ Heat oven to 190C/170C fan/gas
- ☐ Heat a 5mm depth of oil in a large frying pan; then, once a crumb turns golden within a few secs, shallow-fry the croquettes in 2 batches for 2 mins each side, turning carefully.
- ☐ Drain on kitchen paper and transfer to a baking sheet lined with baking paper.
- ☐ Bake for 15 mins or, if making ahead, cover and chill for up to 2 days. To reheat, give them 15 mins in the oven at 190C/fan 170C/gas 5 until hot through and crisp on the outside.

## Nutrition Facts



## Properties

Glycemic Index:22.05, Glycemic Load:12.14, Inflammation Score:-4, Nutrition Score:10.216521761988%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

## Nutrients (% of daily need)

Calories: 230.22kcal (11.51%), Fat: 10.58g (16.27%), Saturated Fat: 3.69g (23.08%), Carbohydrates: 28.37g (9.46%), Net Carbohydrates: 25.37g (9.23%), Sugar: 3.31g (3.67%), Cholesterol: 13.98mg (4.66%), Sodium: 202.56mg (8.81%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.76g (11.51%), Vitamin K: 36.53µg (34.79%), Vitamin C: 23.98mg (29.07%), Vitamin B1: 0.31mg (20.6%), Manganese: 0.34mg (17.22%), Folate: 62.36µg (15.59%), Selenium: 9.99µg (14.27%), Vitamin B3: 2.5mg (12.48%), Fiber: 3g (12%), Vitamin B6: 0.22mg (10.84%), Iron: 1.72mg (9.56%), Vitamin B2: 0.15mg (9.11%), Potassium: 300.39mg (8.58%), Phosphorus: 85.67mg (8.57%), Magnesium: 24.02mg (6.01%), Copper: 0.11mg (5.58%), Calcium: 52.1mg (5.21%), Zinc: 0.62mg (4.12%), Vitamin B5: 0.4mg (4.04%), Vitamin E: 0.43mg (2.89%), Vitamin A: 121.26IU (2.43%), Vitamin B12: 0.1µg (1.73%)