

# Cauliflower and spinach croquettes

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## Ingredients

- ½ cauliflower, chopped into florets
- 200ml milk
- 6 tbsp plain flour
- 25g butter
- 50g strong cheddar grated
- 50g dried breadcrumbs
- 200g Wilted Spinach
- 1 egg, beaten

## Method

- Put the cauliflower florets into a large saucepan and cover with boiling water. Bring up to the boil and cook for 5 mins or until tender. Drain really well then allow to cool. Once cold enough to handle chop them up into small pieces and set aside.
- Pour the milk into a saucepan with half the flour and add the butter. Whisk together and slowly bring to the boil mixing all the time, until smooth and thick. Add the cooked cauliflower, spinach and the cheddar and mix well and season to taste with salt and pepper. Leave to cool in the pan.
- Once the cauliflower mixture has cooled spread it out on a large sheet of oiled cling film. Roll into a long sausage shape and wrap tightly in the cling film. Chill in the fridge for at least an hour or overnight.
- Tip the remaining flour onto a plate and season with salt and pepper. On another plate place the breadcrumbs and then put the bowl of beaten egg next to it. Unwrap the cauliflower filling and cut or pinch off 12 short lengths and roll into small sausage shapes to form the inside of the croquettes – it's a good idea to put a little oil on your hands as the mixture is quite sticky. Put each one into the flour first and roll them to coat. Next dip them in the egg followed by the crumbs. Then deep fry until golden brown.
- Deep fry 3 or 4 croquettes at a time in the oil, lifting out once golden brown using a slotted spoon. Leave them to drain on a plate lined with kitchen paper until all the croquettes are fried. Serve with a chunky tomato salsa as a side dish or a main vegetarian option

