

Potato Croquettes



Ingredients

300g floury potatoes
50g unsalted butter
1 egg yolk
1 whole egg

25 g plain flour
100g breadcrumbs
Pinch ground black pepper
Spray oil

Serves
3

Method

1. Cut the potatoes into small pieces and boil them in hot water. When the potatoes are soft, drain the water. Please be careful when you do this as the water will be very hot.
2. If you have been advised to follow a low potassium diet, boil and drain the potatoes again to reduce the potassium content further.
3. Once drained, add the butter and yolk to the potatoes and, using a potato masher, mash until creamy. You can add pepper to taste.
4. Cover the mash and leave until firm and cool enough to handle.
5. Preheat the oven to 200C/180 Fan/Gas 6.
6. Shape the mashed potato into 6 croquettes, weighing around 60g.
7. Put the flour, whole egg and breadcrumbs into three separate shallow bowls. Beat the egg.
8. Dip each croquette in the flour, pat off any excess, then coat in the egg before dipping in the breadcrumbs. Transfer to a baking tray.
9. Using spray oil, lightly spray the croquettes.
10. Bake for 20 minutes or until golden-brown. If preferred, the potato croquettes can be cooked in an air fryer for 12 minutes.

Nutritional Information* (per portion - 2 croquettes)

Energy (kcal)	331
Protein (g)	8.1
Potassium (mg/mmol)	413/10.3
Phosphorus (mg/mmol)	138/4.4
Sodium (mg/mmol)	165/7.1

*This nutritional analysis is calculated using 260g of twice boiled potatoes.

Tip

Finely chopped spring onions and herbs can be added to the mash for extra flavour.



The recipe has been specifically designed for the dietary management of kidney disease and has been analysed using Nutrimen dietary analysis software. Refer to labels for allergen and other product information.