



# Prawn Croquettes

## Recipe

**Servings: 6 people**

**Time: 30 minutes**

### Ingredients

<b>780 g</b>	Potato
<b>90 g</b>	Onion
<b>60 g</b>	Carrot
<b>90 g</b>	Egg
<b>180 g</b>	Breadcrumbs
<b>120 g</b>	Flour
<b>400 cl</b>	Vegetable Oil
<b>48 g</b>	Egg yolk
<b>135 g</b>	Peeled and de-veined black prawns

### Preparation

- 1 Peel potatoes and cut into 2cm cubes
- 2 Cut onions into tiny Brunoise (small cubes)
- 3 Put carrots and prawns through meat mincer (big disc)
- 4 Prepare 3 containers and put breadcrumbs, flour, and eggs in 1 of each
- 5 Boil potatoes and then mash them
- 6 Add onions, carrots, and prawns
- 7 Add egg yolk
- 8 If necessary, add a little more flour
- 9 Season with salt and pepper
- 10 Roll the dough into even sized, ball shaped croquettes
- 11 Flour the croquettes, put them into the whisked whole egg, then breadcrumbs
- 12 Deep-fry in 170C hot oil