



## Ingredients

250g artichoke hearts, chopped finely,  
750g old mashing potatoes,  
1 egg, beaten,  
1/2 cup parmesan cheese, grated,  
1 tablespoon parsley, chopped,  
25g melted butter,  
Salt & cracked pepper to taste,

1/2 cup all-purpose flour,  
2 eggs, slightly beaten,  
1 tablespoon milk,  
1 cup panko breadcrumbs  
Light olive oil



## Method

1. Peel and boil potatoes until soft. Drain and cool.
2. Place potatoes in a bowl and mash. Add remaining ingredients in a bowl and mix well.
3. Divide the mixture into 24 balls and shape.
4. Place the flour in a bowl. Mix the eggs with the milk in another bowl and beat. Place the breadcrumbs in a third bowl.
5. Roll the shaped croquettes in the flour until well coated. Shake off any excessive flour. Then place the croquettes in the egg mixture. Finally, roll them in the breadcrumbs and place on a plate.
6. Place in the fridge for at least an hour to cool and harden.
7. Heat the oil in a pan. Once hot, add the croquettes and deep fry until golden. Place on absorbent paper for a minute and serve.

**Makes approx. 24 depending on size**

