Carrot and Zucchini Croquettes

Ingredients from garden:

| Eggs – 2 | Carrots – 2 | Zucchini – 2 or half a LARGE | Spring onions – 2 large or 4 small |

Other ingredients:

| Flour – ¼ cup | Breadcrumbs – 1 cup | Vegetable oil for shallow frying |

Equipment needed:

| Baking tray | Bowls – 2 small, 2 medium, 1 large | Whisk | Measuring cup – ¼ and 1 cup |
| Chopping board | Small knife | Vegetable peeler | Grater |
| Spatula | Frying pan | Paper towels |

Method:

1. Preheat the oven to 120°C and place the baking tray in to keep warm.
2. Break the eggs into a medium bowl and whisk them lightly. Set aside.
3. Wash and dry the carrots, zucchini, spring onions and parsley. Cut away any tops and tails, roots and coarse stems.
4. Peel the carrots.
5. Grate the carrots and the zucchini.
6. Chop the spring onions and the parsley finely.
7. Combine the carrots, zucchini, spring onions and parsley in the large bowl. Add the flour. Use a spatula to mix the ingredients well.
8. Divide the mixtures into fourteen equal portions.
9. Shape the portions with your hands – they could be a ball, cylinder or egg shape.
10. Put the extra flour in a small bowl and set it on the bench next to the bowl of whisked egg and another bowl of breadcrumbs.
11. Toss the croquettes gently in the flour, dip them in the egg mixture and roll them in the breadcrumbs.
12. Pour enough oil into the frying pan for a depth of about ½ centimetre. Heat the oil until quite hot.
13. Shallow-fry the croquettes until they are golden brown. Cook them quickly so that they brown nicely without soaking up the oil and becoming soggy and greasy.
14. As you cook the croquettes, drain them on plenty of paper towels and keep them warm in the oven on the baking tray until all the croquettes are fried.

Focus keeper: ____________________  Quiet Captain: ____________________
Material Monitor: ____________________  Gate keeper: ____________________