



Roast Lamb
Leftovers
RECIPE

Next Day Lamb Croquettes

A great way to use up your leftover Roast

Ingredients

250g Leftover lamb
300g Leftover potatoes
250g Leftover vegetables
50g of parmesan
2 tablespoons each of chopped parsley and mint
2 eggs
175g of breadcrumbs
75 – 100g of flour

Method

Add the lamb, potato, vegetable, parmesan, mint and parsley into a bowl. Mix well with your hands. Shape into small logs and roll in the flour. Next dip each log/croquette into the egg and then coat in breadcrumbs. Place the croquettes onto a baking tray and spray with a little oil. Place in a pre-heated oven for 15-20 minutes until golden.

Top Tip - to make this dish healthier why not serve with mixed salad leaves and some fresh mint and low fat yogurt dip.