



Lorena's Colombian Zucchini Croquettes

Serves: 2 | Prep: 30 mins | Cook: 30 mins

Ingredients

- 1 sweet potato or potato, chopped
- 1 zucchini, grated
- 1/2 cup chopped vegetables (eg. capsicum, spinach, carrots)
- 1 tablespoon nutritional yeast
- 1 teaspoon salt
- 2 tablespoons chickpea/rice/oat flour
- Breadcrumbs (use more for crispier croquettes)
- 1/2 cup cheese (Lorena uses parmesan)

Method

- Preheat oven to 200 degrees
- Boil potato in water for about 15 minutes or until soft
- Strain potato and mash it into purée
- Stir yeast and salt into potato then mix in all other ingredients
- Form into croquettes
- Bake until golden brown