

Our Recipe

BROCCOLI WEEK



Ingredients

40ml vegetable cooking
2 spring onions
75g broccoli
60g diced chicken
25g cheddar cheese, grated
150g potatoes, peeled
5g mixed herbs
1 free range egg
1 small bread roll

Bloodcurdling Broccoli, Chicken & Potato Bites – Serves 8



Method

1. Peel the potatoes, and boil for 20 minutes or until soft. Mash the potatoes and then set aside to cool down.
2. Grate the bread roll to make breadcrumbs. Ideally use a day-old bread roll for best results.
3. Steam the broccoli until tender and set aside until cooled. Then chop into very small florets.
4. Fry off the diced chicken until slightly golden and cooked through.
5. Mix the cold mashed potato, chopped broccoli, grated cheese, chicken, half the breadcrumbs, one thinly sliced spring onion.
6. Crack the egg and beat in a separate bowl.
7. Add half the beaten egg to the mixture and season as desired.
8. With clean hands, shape the mixture into 16 small patties, then coat them in the remaining beaten egg and roll them in the remaining breadcrumbs.
9. Transfer the patties on to a greaseproof lined plate or tray and chill for 30 minutes in the fridge.
10. Heat the oil in a frying pan. Fry until golden and heated through.

Serve with our
shockingly scary sweetcorn salsa!



**EAT THEM
TO DEFEAT THEM**