



Plant Based
RECIPES

Croquettes with
*Mozzarella and
Combo*



You will need

For the croquettes:

50g margarine
65g all-purpose flour
240ml soy milk
4 + 4 slices combo (deli meat)
Garlic powder
Freshly ground pepper
A little finely chopped parsley

For breading:

All-purpose flour
Soy milk
Panko breadcrumbs
Sunflower oil (for frying)

For the tomato jam:

2 tomatoes
1 Florina pepper (or other sweet red pepper)
70g sugar
40ml white balsamic vinegar
10g grated ginger
30ml water



Method

For the croquettes:

Melt the margarine in a small saucepan and add the flour, stirring to form a roux.

Gradually add the soy milk, stirring constantly until a smooth cream forms.

Finely dice the combo slices and add them to the saucepan.

Mix all ingredients well, then add the chopped parsley, garlic powder, and freshly ground pepper.

Cover the dough with plastic wrap, ensuring it touches the surface directly, and refrigerate until firm.

For the tomato jam:

Dice the tomatoes into large chunks. Peel and grate the ginger.

Place the tomatoes and ginger in a saucepan. Add the sugar, water, and white balsamic vinegar.

Stir and simmer over low heat. Occasionally press the ingredients down with a spoon to help them break apart.

When the jam has thickened, let it cool slightly.

Optionally, blend it for a smoother texture or serve as-is with chunky bits.

To assemble and serve:

Shape the chilled croquette mixture into small portions.

Bread each croquette by coating it in flour, dipping it in soy milk, and rolling it in panko breadcrumbs.

Fry in hot sunflower oil until golden brown.

Serve the croquettes warm, accompanied by the tomato jam.



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