
Irresistible Broccoli Croquettes

500 g broccoli (1 lb 1³/₄ oz)

3 cloves of garlic

2 eggs

100 g rolled oats (1 cup)

100 g grated mozzarella (3¹/₂ oz)

Salt

Black pepper

Olive oil

125 g yogurt (1/2 cup)

Some parsley

Lemon juice

❶ Start by removing the broccoli florets from the stem and rinse under running water.

❷ Steam the broccoli florets and stem pieces for about 10 minutes.

❸ Transfer the steamed broccoli into a bowl, mash them, and add oat flakes, crushed garlic cloves, grated mozzarella, eggs, salt, and black pepper. Mix well.

❹ Shape the mixture into croquettes and place them on a baking sheet lined with parchment paper.

❺ Brush the croquettes with olive oil and bake in a preheated oven at 200°C for approximately 20 minutes.

❻ Prepare the yogurt-based dressing by combining yogurt, crushed garlic cloves, lemon juice, parsley, salt, and black pepper. Mix thoroughly.

❼ Serve the baked broccoli croquettes with the prepared dressing.