



Recipe from: [My Catholic Tradition](#)

SPINACH CROQUETTES WITH MINTED YOGHURT SAUCE
Makes 18

1 ½ cups short-grain rice
9 oz feta cheese, crumbled
1/4 cup grated Parmesan cheese
2 eggs, lightly beaten
1 garlic clove, crushed
2 tsp grated lemon zest
1/2 cup chopped spring onions (scallions)
9 oz packet frozen spinach, drained, squeezed of excess moisture
1 tbsp freshly chopped dill
2 cups dry breadcrumbs
2 eggs, lightly beaten, extra
Oil, for deep-frying

Yogurt Sauce
7 oz plain yogurt
2 tbsp chopped fresh mint
2 tbsp lemon juice

Cook the rice in a large pan of boiling water until just tender.
Drain then rinse under cold water and drain again.
Combine the rice, cheeses, eggs, garlic, lemon, onions, spinach and dill in a large bowl.
Using wet hands, divide the mixture into 18 portions.
Roll each portion into even-sized sausage shapes.
Place on a tray and refrigerate for 30 minutes.

Spread breadcrumbs on a sheet of greaseproof paper.
Dip the croquettes into extra beaten egg mixture.
Coat with breadcrumbs and shake off excess.
Refrigerate for another 30 minutes.

Heat the oil in a deep heavy-based pan.
Gently lower batches of croquettes into moderately hot oil with tongs or slotted spoon.
Cook over medium high heat 2–3 minutes, or until golden and crisp and cooked through.
Drain on paper towels. Repeat with remaining croquettes. Serve croquettes hot or cold with Yoghurt Sauce.

To make Yogurt Sauce:
Combine the yogurt, mint, lemon juice, salt and pepper in a bowl.
Mix well, then cover and refrigerate until needed.

Notes:
Croquettes can be made up to two days in advance. Cook just before serving.

Use fresh, lightly steamed spinach in place of frozen spinach if preferred.