



Chicken Potato Croquettes Recipe

Preparation Time	15
Cooking Time	130
Serving Size	20

Ingredients:

- 2 1/4 kgs potato
- 5 pcs egg, separated
- 2 Tbsp oil
- 1/2 cup garlic, minced
- 1/2 cup onion, chopped
- 500 g chicken, ground
- 450 g tokwa, mashed
- 2 tsp salt
- 1/2 tsp pepper, black
- 1 pouch DEL MONTE Sweet Style Spaghetti Sauce (500g)
- 1/2 cup soy sauce
- 3 tsp kinchay, chopped
- 2 1/2 cups breadcrumbs
- - oil, for deep frying

Preparation:

1. Boil potatoes until tender. Peel and mash. Mix with egg yolks. Set aside in a covered container.
2. Sauté garlic, onion, chicken, and tokwa. Add salt, pepper, DEL MONTE Sweet Style Spaghetti Sauce, and soy sauce. Cook for 30 minutes or until dry. Remove from heat and cool for 5 minutes. Mix with kinchay.
3. Form each tablespoon of meat mixture into balls. Cover with 2 tablespoon mashed potato. Form into croquettes. Dip in egg white and roll in bread crumbs. Repeat the process.
4. Deep-fry until golden brown. Drain on paper towels. Best served with DEL MONTE Original Blend Ketchup.

Chef's Tip

Do not overcrowd the pan when deep frying because the temperature of the oil will drop, resulting in a soggy and oily croquette.

Lusog Notes

This kid-friendly Chicken Potato Croquettes recipe has iron needed for making red blood cells that carry oxygen around the body and vitamin C that helps in wound healing.

Cooking Skills Needed

- Mixing
- Boiling
- Frying

Cooking Tools

- Chopping Board

- Measuring Cups
- Measuring Spoon
- Spatula

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