

Match of the Day Kickabout

Sweet Potato Croquettes



You will need

- Good source of carbohydrates to replenish the energy used during a match
- The protein in the feta will help repair muscles

- ✓ 1 Large sweet potato
- ✓ 150g Feta cheese
- ✓ 1 Small tin peas, drained
- ✓ 2 Eggs
- ✓ 2 Tablespoons plain flour
- ✓ 4 Tablespoons breadcrumbs

Instructions

Makes 10 – have one and keep the rest in the fridge for up to 2 days

Step 1

Heat the oven to 200C.

Step 2

Prick the potato with a fork and place on a baking tray.

Step 3

Cook in the oven for 45 minutes until soft.

Top Tip: Herbs are a great way to add flavour so if you have any at home, such as parsley, dill or chives, you can add them to the mash potato mixture.

Step 4

Let the potato cool and then squeeze the potato from its skin into a mixing bowl.

Step 5

Add a pinch of salt and pepper and mash the potato.

Step 6

Stir in the yolk of one egg and add the feta and peas.

Step 7

In a separate bowl, whisk the other egg.

Step 8

Shape the mixture into oblongs of around 5cm in length.

Step 9

Dip them in the flour, then the egg mixture, then the breadcrumbs.

Step 10

Place on a baking tray and cook for 20 minutes or until golden.