

Croquette of Taro, Chickpeas, Pumpkin Seeds and Sunflower Seeds with Baked Sweet potato and Dijon Mustards sauce

Prep time: 45 mins

Cooking time: 20 minutes

Serve: 2 people

Serving suggestion: as main dish

Ingredients:

(A) Dijon mustard sauce:

- Palm sugar 150g
- Water 80ml
- Lemongrass 40g
- Dried chillies 20g
- Dijon mustard paste 2 teaspoons

(B) Croquettes:

- Steamed taro 200g
- Cooked chickpea 80g
- Roasted pumpkin seeds 20g
- Roasted sunflowers seeds 20g
- Celery 50g (diced)
- Salt 1/2 teaspoon
- Black peppercorns (cracked) Pinch

(C) Baked sweet potato 100g , cut into oval slices

(D) Garnish:

- Salad leaves

Cooking Method:

- Bring the ingredients of (A) to boiling until moderately caramelised, add in 2 tsp of Dijon mustard paste, stir until all mixed well and is ready to use as sauce.
- Mix all of the (B) in a mixing bowl, mix well, then portion this and make each portion into a croquette shapes and set aside.
- Heat pan with oil, dust croquettes with tapioca flour, lower floured croquettes onto heated pan, shallow fry until golden.
- Put baked sweet potato on plate, place fried croquettes on top of sweet potato.
- Spoon 2 tsp of fresh salads leaves on top.
- Drizzle sauce (A) on top, and is ready to serve.