

**Recipe Name:** Fennel Potato Croquettes With Paneer Recipe

**Diet Type:** Vegetarian

**Course:** Snack

**Cuisine:** Continental

**Quantity:**



## Ingredients

| Ingredient                                              | Quantity |
|---------------------------------------------------------|----------|
| • 100 grams Paneer (Homemade Cottage Cheese) - crumbled | 4        |
| • 4 Potatoes (Aloo) - boiled                            |          |
| • 1 Onion - finely chopped                              |          |
| • 1 teaspoon Cumin powder (Jeera)                       |          |
| • 2 teaspoons Fennel seeds (Saunf) - coarsely pounded   |          |
| • 2 Green Chillies - finely chopped                     |          |
| • Coriander (Dhania) Leaves - small bunch               |          |
| • Salt - to taste                                       |          |
| • 2 tablespoons All Purpose Flour (Maida)               |          |
| • Whole Wheat Bread crumbs                              |          |
| • Sunflower Oil - for coating                           |          |
| • 1 Egg white - (optional)                              |          |

## Preparation

- To begin making the Fennel Potato Croquettes with Paneer recipe, we will first get all the ingredients ready.
- Divide the paneer into 6 portions and shape them into ovals.
- In another bowl, combine the remaining ingredients except the dried bread crumbs and the oil.
- Divide the potato mixture into 6 portions.
- Oil the palm of your hands, take a portion of the potato and flatten it on the palm.
- Place a portion of the paneer in the center and cover back with the potato as its cover.
- Seal it well.
- Proceed the similar way with the remaining potatoes and the paneer portions.



- Preheat the airfryer or your oven at 200 C and then proceed to the next steps.
  - Next roll the potatoes on the bread crumbs and coat them well.
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- Pinch its edges of the foil and fit into the basket in such a way that there is some opening for air circulation.
  - Place the croquettes on to the foil and air fry them for 12 to 15 minutes at 200 C.
  - Half way through the process of frying, drizzle 1/8th spoon of oil over each croquette and put it back in again until golden brown.

## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|-----------------|-------------|-----------|---------|-----------|-----------|
|-----------------|-------------|-----------|---------|-----------|-----------|

