**Muffin Tin Croquettes**

At home prepare 250g of mashed potato/ any type of mashed vegetables

1 egg

100g cheese

1 tsp fresh/dried herbs/curry powder

Small amount of cooked ham/chicken/meat/fish/tinned fish/finely chopped vegetables

2 slices of bread to make breadcrumbs

12 paper cases

Method

Beat the egg, grate cheese ,chop additional ingredients.

Make breadcrumbs

Combine the mash, egg, cheese and additional ingredients.

Shape the mixture into golf ball size pieces and roll in breadcrumbs.

Place paper cases in a muffin tin and place one ball into each.

Bake for 15 minutes – over 200 elec./gas 6