

## NÉCORA CROQUETTES

### INGREDIENTS (for 4 people)

400 gr of nécora meat, both from the legs and from the cart

50 gr of flour

2 boiled potatoes

½ L of milk

60 gr of butter

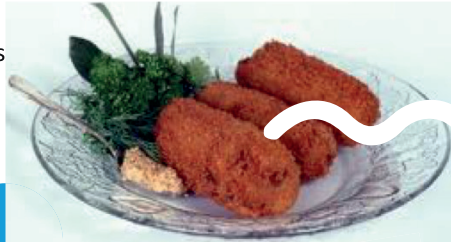
2 egg yolks and 1 sprig of parsley

Extra virgin olive oil and salt

1 onion and 2 cloves garlic

Grated bread

Extra flour for the coating



### PREPARATION:

1. Let's make the béchamel with the milk, half an onion cut into thin chunks and salt, add the butter and flour and stir gently.
2. We brown in a pan with hot oil the meat of the nécora with a little onion and garlic, finely chopped and add the bechamel. Stir for a few minutes over low heat, so that it takes on substance and we move it to a source to cool.
3. When it is cold, if we need it we can put it in the fridge to cool, we will make the croquettes, with the elongated shape, and the size we prefer.
4. We can help ourselves to a little flour to make the shape good, and then we go through flour, beaten egg and breadcrumbs.
5. In order not to have to fry them, in a healthier way we are going to bake them, this way we do the previous process again, but only with the breadcrumbs and the egg, so that they are more crispy.
6. We heat the oven to 200°C and in a platter for the oven, we will place a sheet of parchment paper and on it the croquettes, which we will cook for 15 minutes.

We can accompany them with a vegetable soup, as this way we will get a healthy dish with all the nutrients present at meal time.

