

Croquettes d'Oeuf au Coulis de Tomates



Serves 4

Prep 20 mins

Cooking 20 mins

Easy

Ingredients

4 hard-boiled eggs, peeled
1 raw egg
400g chicken fillet, minced
400g tomatoes
1 glass milk
3 slices of bread
100g breadcrumbs or panko
200 ml olive oil
1 tbsp chopped parsley
salt & pepper

1. Immerse the tomatoes in a pan of boiling water for 1 minute and take the skins off. Take out the pips and chop. Add salt & pepper.
2. Take the crusts off the bread and soak in the milk. Mix the chicken mince with the raw egg and the soaked bread with the milk squeezed out.
3. Envelop the eggs with the mixture, then roll into the breadcrumbs. Preheat the oven to 200C/180C Fan/ Gas mark 6.
4. Heat the olive oil in a pan and cook the croquettes in hot oil for a few mins, turning them regularly. Drain on absorbent paper for 2 mins. Finish off in the oven for 15 mins.
5. Serve with the tomatoes and the chopped parsley.