

Scotch Beef Croquettes

Ingredients

- 500g lean Scotch Beef PGI mince
- 30g bulgur wheat
- 150ml water
- 6g fresh curly parsley, finely chopped
- 3g fresh mint, finely chopped
- 15g fresh coriander, finely chopped
- 2 x garlic cloves, peeled and finely chopped
- 1 x lime, zested
- 1 x tsp chilli powder
- 2 x tsp ground cumin
- 2 x medium eggs
- Rapeseed oil for frying
- 1 x small shallot, peeled and chopped
- 25g rocket leaves
- 100g flat leaf parsley
- 2 x tinned anchovy fillets
- 70ml olive oil
- 30 x capers



Find all recipes at scotchkitchen.com