



20



906 kcal
(per serving)



35 min



These sophisticated rice croquettes are delicately flavored with matcha. Cook the rice for these croquettes with extra water to compensate for the dry matcha powder.

Makes 2 servings

Wagyu flank	80 g
Onion	1/4 (40 g)
Carrot	1/6 (30 g)
Lotus root (or baby corn)	1/7 (20 g)
Cooked rice	240 g
Matcha	1 teaspoon
Corn niblets	20 g
Salt	1/4 teaspoon
Pepper	Pinch
Ketchup	60 ml
Vegetable oil	1 tablespoon
Oil for frying	

Breading Ingredients

Flour	1 tablespoon
Egg	25 g
Cornflakes	30 g

1. Mince the onion and dice carrot into 5 mm pieces. Cut lotus root into 3 mm thick rounds and then quarters (if using baby corn, chop into large pieces).
2. Cut Wagyu flank into 5 mm thick slices and 3 cm pieces. Heat oil in a frying pan and saute onions over low heat until golden, about 10 minutes. Add the carrot and lotus root, and saute until heated through. Add meat and saute over high heat for about 2 minutes until browned. Transfer vegetables and meat to a plate and leave to cool.
3. Season the cooked rice by adding matcha and 1/4 teaspoon of salt, mixing well.
4. Add corn niblets to sauted vegetables and meat. Season the mixture with salt and pepper.
5. Divide the rice into 4 portions. On a piece of cling film, flatten the rice and fill with the vegetable and meat mixture, wrapping the rice completely around the filling to form a ball.
6. Bread each rice ball by coating with flour, dipping in beaten egg, and coating with finely crushed cornflakes. Deep fry in 180°C oil until golden brown.
7. Arrange croquettes on a plate. Serve with ketchup or your preferred sauce.