

Crunchy-Soft broccoli, cherry tomatoes and basil sauce

Recipe for 12 Tapas

Description

Ingredients

Broccoli

- 340 Gr Broccoli
- 3 Unit(s) Green onion
- 1 Clove(s) Chopped garlic
- 150 Gr Swiss cheese
- 125 Gr Japanese breadcrumbs (panko)
- 1 Unit(s) Egg
- 1 Tbsp Sweet chili sauce

Sauce

- 1 Box(es) Cherry tomatoes
- 100 Gr Butter
- 50 Gr Olive oil
- 4 Clove(s) Chopped garlic
- 1 Bunch(es) Basil

Preparation

- Preparation time **30 mins**
- Preheat your **Oven** at **400 F°**
- Resting time **120 mins**

Prep

Peel and mince the onion.

Slice the broccoli head.

Chop the garlic for the broccoli.

Cut he garlic for the sauce.

Broccoli cooking

Plunge the broccoli in salted boiling water.

Cook for 2 minutes and drain.

Roughly chop the broccoli heads in put aside in a arge bowl.

Broccoli mix

In the bowl with the broccoli add the other ingredients and put aside in the fridge for 2 hours.

Using your hands or a mould, make little broccoli croquettes and put on a baking tray covered with baking paper.

Bake at 400°F for about 17 to 20 minutes

Sauce

In an oven safe dish, pour all the ingredients and cover with aluminium foil. Bake for 20 min at 400°F.

Remove from oven and blend with a hand mixer or in a blender. Season to taste.

Plating

Present the croquettes on a wooden tray with sauce on the side in little gravy boat.

Bon appétit!