

## Asian-Style Avocado Croquettes



Serves 8

### Ingredients

- 1 ripe avocado, cubed
- 1 tablespoon olive oil
- 1 teaspoon sesame seeds
- 1 tablespoon crushed cashews
- ¼ garlic clove, grated
- 1 tablespoon teriyaki sauce
- 1 pinch chili powder
- 1 teaspoon marinated ginger
- ½ cup flour
- 2 eggs beaten in ¼ cup of water
- ½ cup breadcrumbs
- Sufficient amount of cooking oil
- ¼ cup mayonnaise
- 1 teaspoon soy sauce
- 1 tablespoon lime juice
- ½ teaspoon lime zest
- ¼ teaspoon smoked paprika

### Preparation

1. In a mixing bowl, blend the avocado with the oil, sesame seeds, cashews, garlic, chili powder, ginger and teriyaki sauce. Shape the mixture into balls and place in the freezer for 30 minutes.
2. After 30 minutes, roll the avocado balls in the flour, then in the beaten eggs and finally in the breadcrumbs. Return to the freezer for 30 minutes or until ready to

### Chef's Tip

These avocado croquettes can be prepared and cooked days ahead and frozen. Simply reheat them in a 300°F oven for 5 minutes before serving.

### Credit

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