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DIAKONIE

# IMMANUEL.KOCHT

*Heart-healthy eating with Marketa Schellenberg*

CARROT CARDAMOM CROQUETTES



• We wish you bon appetit! •

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## CARROT CARDAMOM CROQUETTES

(vegan, lactose free)

Serves 4 as a main dish, or 16 as a small appetizer

### Ingredients

200 grams	carrots	20 grams	fresh parsley, chopped
2 tbs	rapeseed oil	1 tbs	lemon juice
80 grams	shallots	1 pinch	salt
50 ml	vegetable broth	1 pinch	pepper
3	cardamom pods, crushed	80 grams	sunflower seeds
1 pinch	ground coriander	2-3 tbs	rapeseed oil for frying
1 pinch	turmeric	whole-wheat breadcrumbs	to taste
200 grams	chestnut puree		

### To prepare the croquettes

Peel shallots and chop finely. Wash and peel carrots, and grate or chop finely. Heat rapeseed oil and briefly fry shallots and carrots. Add crushed cardamom pods, turmeric and ground coriander. Pour a small amount of vegetable broth over the carrots. Cover pot and steam vegetables until soft.

When the carrots are done, remove the lid and allow the liquid to evaporate. The carrot mixture should be fairly dry. Allow the carrots to cool, and remove the cardamom pods. Mix in the chestnut puree, and salt, pepper, chopped parsley and lemon juice. Add whole-wheat breadcrumbs until the mixture has a consistency that can be easily shaped into croquettes. Roll croquettes in sunflower seeds and fry in rapeseed oil until crisp.

### To serve

Serve the croquettes together with Indian potato salad with lentils.

### The health factor

A different take on carrots – instead of cooked or as a grated salad, here they're served as a croquette made with chestnut puree. The chestnut-carrot croquettes are made mainly with alkaline ingredients. The carbohydrates in the chestnuts are easy to digest and filling, and cause a more gradual rise in blood sugar levels. The result is a warming and alkaline vegetarian main dish for cold-weather dining.

The recipe can be varied by seasoning with aniseed or nutmeg. Or replace some of the carrots with parsnips or parsley root. The dish is vegan and lactose free. However, the whole-wheat breadcrumbs contain gluten.