

# Basmati rice croquettes with curry and peas: light and quick recipe



- **DIFFICULTY:** Easy
- **PREPARATION TIME:** 55 min
- **COOKING TIME:** 30 min
- **PORTIONS:** 4 Portions

## ***Introduction:***

**Basmati rice croquettes with curry and peas** are a **delicious gluten free finger food**, which can be prepared in a short time. A **quick and easy recipe** to share with the family.

A super **light dish**, I used **basmati rice** for this recipe. I like its **fragrance**, its **delicate scent** that releases a **spicy aroma** and fits perfectly with curry. The **cooking** of these croquettes takes place in **the oven**, which takes a little longer than the classic frying, but it's worth the wait! Creamed only with **Parmesan**, which allows the rice to flavor and **be creamy and not dry**.

Finally, the **breeding** is with **rice flakes** that will give the croquettes, **crunchiness** and a **perfect browning!**

An excellent **variant to bring** to the table both as an **aperitif** accompanied by various sauces (**I chose a yogurt and mustard sauce, which you can find in the tips**), and as a **single dish** accompanied by seasonal vegetables.

Now, I leave you to the recipe of **Basmati rice croquettes with curry and peas!**

## [Ingredients:](#)

### [What do you need:](#)

### [Tips:](#)

Ingredients:

200 g of Basmati Rice

150 g of Peas

1 Shallot

1 Egg

Q.b. Rice flakes

30 g of Parmigiano Reggiano

Q.b. Himalaya salt

Q.b. black Pepper

1 tsp of Curry

Q.b Parsley

Q.b. Extra virgin oil

What do you need:

Baking paper

Pot

Cooking pan

Brownie bowl /brownie pan

Rectangular pan

Electric mixer

Tips:

- You can keep them in the refrigerator for 3-4 days, and then reheat them in the oven or microwave.
- If you prefer to increase the quantities, you can freeze them before cooking them.
- You can accompany your rice croquettes with a mustard-flavored yogurt sauce.

**(I leave the recipe here)**

***Yogurt and mustard sauce:***

170 g of zero fat Greek yogurt

1 tsp of gluten free mustard

1 Garlic

1 pc of Himalaya salt

Q.b Black pepper

Q.b Say dried

In a mixer, add all the ingredients and blend and blend well.

As soon as it is ready, place it in the refrigerator and when the croquettes are ready, serve.

- The sauce can be kept in an airtight jar in the refrigerator for a couple of days.

***Method:***

Boil the rice in boiling, lightly salted water. When cooked, drain and transfer the rice to a rectangular pan (brownie pan) or glass bowl. Let it cool for about 30 minutes.

In a non-stick pan, sauté the shallot with a drizzle of oil, pour the peas and cook over low heat for 5 minutes.

Put the cooked rice in a bowl (if you used the pan), add the parmesan, pepper, curry, chopped parsley and mix. Add the peas and add the egg yolk. With a fork, even out the dough.

Now that you have prepared the dough for the croquettes, in two bowls, pour the rice flakes and in the other the egg white, previously whipped with a fork. Unimiditevi hands and form spheres, transfer the croquette first in the rice flakes and then in the egg white. Put all the croquettes on a baking sheet lined with parchment paper and bake at 180 degrees, preheated oven, for about 30 minutes.

As soon as they are golden, your croquettes are ready.

Serve the rice croquettes while still warm accompanied by the yogurt and mustard sauce. **(Find the recipe in the tips)**