



Enjoy the benefits of a pura vida lifestyle with cassava from Costa Rica

CASSAVA CROQUETTES STUFFED WITH MEAT

essential
COSTA RICA

Ingredients:

500 g of boiled cassava
1/4 cup cornstarch
Salt to taste
1 cup of ground beef
2 cloves of garlic

1 tablespoon chopped cilantro
1/2 chopped onion
1 teaspoon of cumin
1 chopped tomato
1 liter of oil for frying

Preparation:

1. In a bowl mix and mash the boiled cassava with the cornstarch very well until you have a consistent dough, season with salt, and reserve.

For the filling:

- In a pan with a little oil, cook the meat and the rest of the ingredients until you get a cooked filling.
- To make the croquettes, take 150 g of the cassava dough and fill with 2 tablespoons of the meat filling, form a cylinder where the meat is inside the cassava dough, fry for 4 minutes cold until the croquettes are cooked, golden brown, and accompany with fresh lemon slices.

