**Chicken Croquettes**

2 tbsp. butter 1 clove garlic

¼ cup all-purpose flour 1 egg, beaten

½ cup milk 1 cup bread crumbs

1 tbsp. olive oil salt and pepper (to taste)

1 boneless chicken breast 1 cup oil (for frying)

1. Melt butter in pan. Add flour and cook gently, stirring, for 1 minute. Gradually stir in the milk and cook until smooth and thick. Cover and set aside.

2. Heat oil in frying pan and fry the chicken and garlic for 5 minutes.

3. When the chicken is lightly browned and cooked through, place in a food processor and process until finely chopped.

4. Add mixture to sauce and stir to combine. Season with salt and pepper to taste. Spread out into a thin layer and cool completely.

5. Once cooled and firm, shape the mixture into 8 small sausage shapes. Dip each one in beaten egg, then roll in breadcrumbs to coat.

6. Heat the oil in a large pan. Place croquettes into the oil and cook for 4 minutes until crisp and golden. Remove from oil and place on a plate with paper towel to drain.

7. Serve with lemon wedges and garnish with flat leaf parsley.