



COOKING INSTRUCTIONS FOR **CROQUETTES** AND **FALAFEL**:



Deep fryer or frying pan (recommended method):

Pour the frozen product in the frying pan or in the deep fryer and fry in a deep oil at 180°C (356 °F) for about 1-2 minutes, until a golden brown. Better let stand 3-5 minutes before serving.



Oven: Put the frozen product on a oven plate and bake in preheated oven at 180°C (356°F) for about 7-8 minutes.

Better let stand 3-5 minutes before serving.

Note: Baking times might vary from oven to oven.



Air fryer: Bake at 160°C (320°F) for about 5-6 minutes.

Better let stand 3-5 minutes before serving.

