

## CHICKEN SAUSAGE ROLLS

INGREDIENTS	EQUIPMENT
300gms Chicken Mince	Large Mixing Bowl
½ Cup Bread Crumbs	Cup Measurements
Zest of 1 lemon or lime	Chopping Board
Chopped Coriander	Chef's Knife
½ Chilli Chopped finely	Zester
2 Cloves Garlic Crushed	Garlic Crusher
Salt & Pepper to taste	Small mixing bowl
½ Cup Sunflower Seeds	Pastry brush
½ Onion diced finely	Spoon Measurements
1 Tablespoon Chutney	
2/3 sheets puff pastry	
1 egg beaten	
Poppy seeds	

### WHAT TO DO

1. Weigh and Measure Ingredients
2. Pre heat oven to 200C
3. Dice onion finely
4. Zest the lemon or lime
5. Peel and Crush Garlic
6. Chop Coriander finely
7. Add the onion, breadcrumbs, lemon/lime zest, coriander, chilli, sunflower seeds, chutney, salt and pepper into the chicken mince and mix thoroughly with your hands.
8. Fold pastry sheets in half and slice down the half way mark
9. Place mince mixture in the middle of the pastry and fold over
10. Turn roll over and trim ends
11. Cut roll into 6 even pieces.
12. Repeat until all the mixture is finished
13. Nick the top of each sausage roll with the tip of the knife gently
14. Place sausage rolls on a lined baking tray
15. Beat egg and brush each sausage roll with egg wash
16. Sprinkle poppy seeds on top of sausage rolls
17. Place in a hot oven for approximately 15 minutes or until golden brown on top.