

## CHICKEN & ASPARAGUS SAUSAGE ROLLS

<i>Ingredients</i>	<i>Equipment</i>
250 Grams Chicken Mince	Large Mixing Bowl
6 Asparagus Stalks	Scales
¼ Cup Bread Crumbs	Chopping Board
1 Silver Beet Leaf	Knives
4 Spring Onions	Measuring Cups
½ Cup Ricotta	Small Mixing Bowl
¼ Cup Sunflower Seeds	Whisk
Salt & Pepper to taste	Pastry Brush
2/3 Sheets Puff Pastry	Lined Baking Trays
1 Egg	
½ Cup Milk	
Poppy Seeds	

### *What to do*

1. Get out all required equipment
2. Weigh and measure ingredients
3. Place the chicken in the large bowl
4. Cut asparagus into small pieces and add to mince
5. Add the bread crumbs to the mince
6. Tear the leaf from the stalk from the silver beet and chop finely and add to mince
7. Top and tail spring onions finely slice and add to mince
8. Add the Ricotta and Sunflower Seeds to the mince
9. Add the salt and pepper and mix thoroughly.
10. Whisk the egg in the small mixing bowl.
11. Defrost the puff pastry and cut each sheet in half.

12. Place the chicken mixture evenly in the middle of each half sheet of pastry.
13. Brush edges with a little milk.
14. Fold over edges and turn over carefully.
15. Cut in half then cut each half in perfect 3rds.
16. Place on the lined baking tray
17. Brush with the beaten egg and sprinkle lightly with poppy seeds.
18. Bake in a hot oven for approximately 15-20 minutes or until golden brown.