

Chicken sausage rolls

By Shannon Bennett

25 minutes

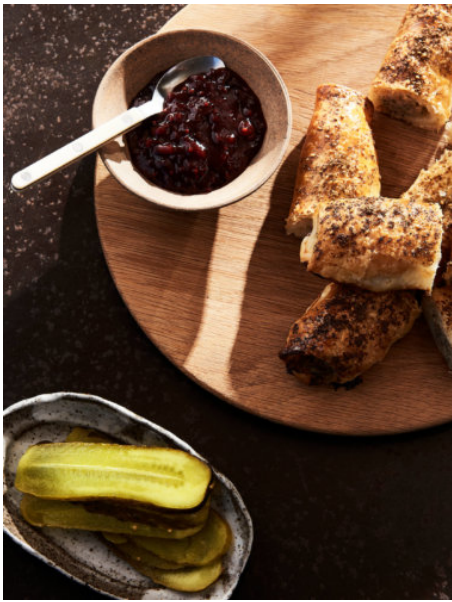
Preparation time

25 minutes

Cooking time

4-6 serves

Serves



INGREDIENTS

- 800g organic chicken mince
- 1 tbs sage leaves, chopped
- 1 tbs chopped parsley
- 1 cup panko breadcrumbs
- 2 cloves garlic, crushed
- 1 brown onion, finely diced
- 100ml duck or chicken fat
- 2 tbs salt flakes
- 1 tbs crushed black pepper
- 500g puff pastry
- 3 egg yolks
- 1 dessert spoon of water
- ¼ cup sesame seeds

METHOD

1. Pre-heat Oven on Fan Plus at 180°C.
2. In a large bowl, combine chicken, sage, breadcrumbs, garlic, onion, duck fat, salt and pepper and mix well.
3. Roll pastry to 3mm thickness. Cut the puff pastry into 24cm x 8cm. If using ready rolled sheets, cut in half horizontally.
4. Place the chicken mix evenly along the length of the puff pastry. Roll the edge of the puff over the chicken mix creating a sausage shape. Brush the end of the pastry with egg wash and roll, ensuring that the crease is at the bottom.
5. Portion into 12cm lengths. Place sausage rolls on a lined baking tray.
6. Mix the egg yolks and water together in a small bowl. Brush each sausage roll with the egg mixture. Sprinkle over sesame seeds.
7. Place on shelf position 2 and bake for 20-25 minutes, or until golden.