



CHICKEN AND ONION SAUSAGE ROLL

Preparation time: 15 minutes

Cooking time: 25 minutes

Serves: 4

2 brown onions, diced finely
2 garlic cloves, minced
1 Tbsp extra virgin olive oil
1 carrot, grated finely
1 zucchini, grated fine
600g chicken mince
2 Tsp dried mixed herbs

salt and pepper
2 sheets puff pastry
2 tsp poppy seeds
½ cup breadcrumbs
2 Tbsp Lancashire sauce
3 eggs yolks

1. Preheat oven to 200°C. Sauté the onions and garlic in olive oil until softened, then fold in the carrot and zucchini and fry briefly. Fold in the mince, herbs, Lancashire sauce and 2 egg yolks, then set aside to cool.

2. Form into 2cm thick logs brush the pastry with the remaining yolk then roll up the sausage, trimming the excess. Brush with yolks and sprinkle with poppy seeds.

3. Bake for 25 minutes until golden and crisp. Cool slightly on a wire rack before serving.