Chicken Rissoles



Serves	14
Prep time	20 minutes
Allergy / Intolerance	Amines, Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates, Wheat
Suitable for	Gluten Free, RPAH Elimination Diet - Low Chemical / Failsafe, RPAH Elimination Diet - Moderate Chemical, Salicylate Challenge
Meal type	Lunch, Main Dish
Misc	Child Friendly, Freezable, Pre-preparable
Occasion	Barbecue

Ingredients

- 300g Chicken breast fillets (roughly chopped)
- 300g chicken thigh fillet (roughly chopped)
- 1 Small leek (chopped)
- 2 stalks celery (chopped)
- 1 egg (lightly beaten)
- 1/2 cup rice crumbs
- 1 Small swede (cooked and chopped)
- 1 bunch chives (chopped)
- 1 clove garlic (crushed)

Optional

- 1 cup home made bread crumbs (instead of rice crumbs, refer to Basics page)

If moderate salicylates are tolerated (Optional)

- 1 Small carrot (grated, instead of swede)

Directions

1. Place the leek, swede/carrot, chives, garlic and celery in a food processor and process until finely chopped. Transfer to a large bowl.

2. Place the chicken fillets in the food processor and process until well minced. Transfer to the bowl with the vegetables.

3. Add the egg and crumbs to the vegetables and chicken and mix well.

4. Form into patties (I get 14 from this mix) and leave for at least an hour in the fridge before cooking.



5. To freeze, roll out a long sheet of cling wrap and place two rissoles on the short end a couple of centimeters in. Roll the rissoles and cling wrap over, so that the cling wrap is on the top. Place two more rissoles on top of the cling wrap and roll over. Repeat for all the rissoles then fold in the sides of the cling wrap. Place the parcel of rissoles inside a freezer bag or air tight container and store in the freezer. The rissoles can then be unwrapped and removed two at a time.

6. Cook on the BBQ, in the oven, or under the grill.



Note

Low chemical / Failsafe, gluten free, Moderate Salicylates

Variations:

1. use carrot instead of swede if moderate salicylates are tolerated.
2. use home made bread crumbs in place of rice crumbs.