Chicken Sausage Rolls



Serves	8
Prep time	30 minutes
Cook time	40 minutes
Total time	1 hours, 10 minutes
Allergy / Intolerance	Amines, Artificial Additives, Artificial Colours, Glutamates, Preservatives, Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe, RPAH Elimination Diet - Moderate Chemical, Salicylate Challenge
Meal type	Lunch, Main Dish, Savoury Snack
Misc	Child Friendly, Freezable, Pre-preparable, Serve Hot
Occasion	Birthday Party, Casual Party

Ingredients

- 2 sheets butter puff pastry
- 1/2 swede (peeled and cut into chunks)
- 1/2 leek (washed and quartered)
- 200g sweet potato (peeled and cut into chunks)
- 1 1/2 cup zucchini (grated with the excess liquid squeezed out)
- 2 skinless chicken breast fillets (cut into chunks)
- 1/2 teaspoon salt
- 1 egg (lightly beaten)

Optional

- Poppy seeds

Directions

1. Preheat oven to 180°C. Line a baking tray with baking paper.
2. Place the pastry sheets on a bench to defrost. Place the swede, leek, zucchini and sweet potato in a food processor and process until finely chopped. Remove from the food processor.
3. Place the chicken in the food processor and process until minced.
4. Combined all the vegetables, salt and mince in a large bowl and mix thoroughly with clean hands.
5. Slice each sheet of pastry in half. Place a portion of the mince mixture on the middle of the long edge of the pastry and pat into a long sausage shape.
6. Brush the sides of the pastry with egg, peel the pastry away from the plastic backing and fold the bottom edge over the mince and then roll it over to seal. Do this as firmly as possible so the pastry is tight and neat.
7. Brush the top of the pastry with egg and sprinkle with poppy seeds (optional) then cut each roll cross-ways into 2 rolls.
8. Place the rolls on the prepared trays about 2cm apart. Bake for 40 minutes or until pastry is puffy and golden and the mince is cooked through.



Note

Low Chemical / Moderate Salicylates

Variations:

1. replace the sweede and sweet potato with a small parsnip and carrot

2. for a low chemical / failsafe version use a whole swede and leave out the sweet potato and zucchini.

3. For party-sized sausage rolls cut each roll into 8 pieces and cook for 20 minutes.. Make them the day before, cool, store overnight in the fridge and then reheat before serving.

Cooked sausage rolls can be wrapped in foil and stored in the freezer.