Chicken and Ricotta Fingers



Serves	4-6
Prep time	40 minutes
Cook time	20 minutes
Total time	1 hour
Allergy / Intolerance	Amines, Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates
Suitable for	RPAH Elimination Diet - Moderate Chemical, Salicylate Challenge
Meal type	Main Dish, Savoury Snack
Misc	Child Friendly, Pre-preparable, Serve Cold, Serve Hot

Ingredients

- 400g lean chicken mince (I make my own with chicken breast using a food processor)
- 1 egg (lightly beaten)
- 100g light smooth ricotta
- 1 Large carrot (finely grated)
- 1 Small leek (finely sliced)
- 1 Large zucchini (peeled and grated, excess liquid squeezed out)
- 3 tablespoons plain wholemeal flour
- Salt (to taste)

Directions

1. Combine all the ingredients in a bowl and mix well.
2. Shape the mixture into 12 finger shaped logs and place on a lined baking tray.
3. Cover with cling wrap and place in the fridge for 30 minutes to set before cooking.
4. Steam the fingers in a vegetable steamer over boiling water in batches for 10 minutes or until cooked through. OR Bake in the oven at 180 C for 20 minutes.
5. Serve with pear sauce/chutney and vegetables or salad as a main meal or own their own as a snack.

Note

Moderate Salicylates, Low Amines, Low Glutamates