Chicken and Ricotta Pinwheels



Serves	7
Prep time	30 minutes
Cook time	25 minutes
Total time	55 minutes
Allergy / Intolerance	Amines, Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Savoury Snack
Misc	Child Friendly, Freezable, Pre-preparable, Serve Cold, Serve Hot
Occasion	Casual Party, Picnic

Ingredients

- 1 sheet butter puff pastry (thawed)
- 1 cup cooked chicken (diced)
- 1 swede (cooked and pureed)
- 1/2 cup smooth light ricotta
- Milk (for brushing)

Directions

1. Preheat the oven to 180 C. Line a baking tray with baking paper.
2. Combine the chicken, ricotta and swede in a bowl. Spread over the pastry leaving 1cm clear on two opposite sides.
3. Brush the milk over the two clear sides.
4. Roll up the pastry starting on one of the clear sides. Push down firmly on the top edge to seal. Brush the outside of the roll with more milk.
5. Cut the roll with a sharp knife into 7 pieces and place cut side down on the baking tray.
6. Cook for approximately 25 minutes or until the pastry is cooked and golden brown.
7. Allow to cool on the tray for 5 minutes.
8. Can be served hot or cold. Can be frozen for longer storage.

Note

Low chemical / Failsafe