

August: Recipe of the Month “Chicken Pasties” | 2013

Ingredients

- 300g Chicken Mince
- ¾ cup frozen mixed vegetables
- 1 brown onion coarsely grated
- 1 small potato, peeled finely chopped
- ¾ cup soft fresh breadcrumbs
- 1 quantity shortcrust pastry
- 1 egg, lightly whisked
- 2 teaspoons sesame seeds

Method

1. Preheat oven to 200°C/180°C fan forced. Line baking tray with paper, make pastry or use ready rolled.
2. Combine mince, vegetables, onion, potato and breadcrumbs in a medium bowl, season.
3. Roll out half the pastry or 2 sheets of ready rolled using a 15cm (6 inch) plate as guide, cut 6 discs from pastry. Spoon 1/3 cup of the chicken mix onto each disc, brush edge with egg, fold pastry over to enclose the filling (forming a semi-circle) Fork the edge to seal. Place on prepared tray
4. Sprinkle tops with sesame seeds, chill for 15 minutes, Bake for 30 minutes or until golden, stand for 5 minutes before serving..

