

# Chicken and asparagus rolls



**ANOTHER  
RECIPE IDEA  
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YABBIES**



Prep Time	Cook Time	Serves
15 mins	15mins	12

## Here's how to prepare the dish

1. pre-heat the oven to 180° C.
2. Combine the chicken, breadcrumbs, parsley, sweet corn and 1 egg in a medium sized mixing bowl.
3. cut the pastry squares in half to give four rectangular sheets and spread the chicken mixture along the centre of each sheet.
4. Place the asparagus on top of the mixture, covering the full length.
5. Lightly beat the remaining egg and brush the pastry edges before folding over to enclose the filling.
6. Cut each roll into three.
7. Place the rolls, edge side down onto a lined baking tray.
8. Brush with egg and sprinkle with sesame seeds.
9. Bake for 15 minutes until puffed and golden.
10. Serve hot with steamed vegetables topped with beetroot and orange relish.

## Ingredients list

- 1/3 cup fresh white breadcrumbs
- 400g minced or finely chopped chicken
- 2 sheets of puff pastry, defrost for 2 mins if frozen
- 2 eggs
- 1 tablespoon of chopped broadleaf parsley
- Approx 200g of drained sweet corn kernels
- 12 baby asparagus spears, can be canned.
- 1 tablespoon of sesame seeds
- steamed vegetables of your choice for serving
- 260g jar of Cunliffe & Waters beetroot & orange relish for topping

## And to Drink

Try a chilled bottle of Best's Great Western Riesling

