

CHICKEN & PUMPKIN RISsoles

Gluten Free, Dairy Free, Moderate Salicylate

Ingredients:

500g minced chicken
500g peeled butternut pumpkin
½ cup chopped parsley
6 gluten free Weetbix, crushed, (or equivalent gluten free breadcrumbs)
5 shallots, finely sliced
1 clove of garlic, crushed
4 Tbsp. gluten free plain flour
2 eggs
Oil for cooking



Method:

- Grate the raw pumpkin
- In a saucepan on the stove add a little oil, shallots and garlic and sauté 1-2 minutes and then cool
- In a mixing bowl, combine the chicken, grated pumpkin, parsley, crushed Weetbix, gluten free flour and cooled shallot and garlic
- Beat to eggs and add to the meat
- Use your hands to fully combine all the ingredients
- Shape the mixture into roughly 16 rissoles, not too fat
- Place greaseproof paper between the layers as you stack them
- Add fresh oil to a fry pan and cook the rissoles in batches for approximately 5-6 minutes per side, until cooked through

Serving suggestions:

- Eat immediately with appropriate salad or vegetables
- Use as a rissole in an appropriate burger bun or wrap
- Squash onto a rice cake for a quick snack
- Chop leftovers into chunks and use as the meat portion of a stir-fry on rice dish