



Citrus crumbed dinosaur bites

Shopping list:

- 1kg chicken breast mince
- 1 large sweet potato
- 1 carrot finely diced
- 1 bunch asparagus
- 1 onion finely diced
- 1 capsicum finely diced
- Zest of 2 lemons & 2 limes
- 4 whole eggs
- 1 bunch chopped fresh thyme
- 300grams breadcrumbs
- 1 whole egg
- 200ml milk
- Salt & pepper



Method:

1. Sauté the diced vegetables in a pan with a little vegetable oil until they are just softened. Let cool and set aside.
2. Place the chicken mince into a food processor and blitz until it combines together. Add the whole eggs one at a time.
3. Pour this mixture into a bowl and mix through the sautéed vegetables and chopped fresh thyme.
4. Season this with salt & pepper. .
5. Mix the milk with the whole egg, set aside in a bowl. In a food processor pulse the breadcrumbs together with the lemon zest and salt & pepper.
6. Pour the chicken mix onto a tray. Flatten it out and then bake on 150C for approximately 10 minutes or until cooked through.
7. Let cool, then cut them out with dinosaur cutters or animal cutters.
8. Dust the cut outs with flour, then dunk them in the milk/egg mix and then cover them liberally with the breadcrumbs.
9. Cut the sweet potato in a little vegetable oil, salt & pepper then roast at 185C for 10-12 minutes or until cooked through and golden brown.
10. Brown the dinosaur cut outs in vegetable oil until golden brown. Serve with herb mayonnaise.

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