

Chicken Scotch Eggs

Preparation time: 45 mins

Serves: 4 people

Categories:

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Entertaining



Ingredients

- 4 eggs
- 400g chicken mince
- 2 tbs finely chopped dill
- 2 tbs finely chopped parsley
- 2 tbs HP sauce
- 2 tsp Dijon mustard
- 1 ½ cups panko breadcrumbs
- Salt and pepper, to season
- ½ cup finely grated parmesan
- ½ cup plain flour
- 2 eggs, whisked

- Olive oil cooking spray
- Tomato chutney, to serve
- Baby rocket, to serve
- Cornichons, to serve

Method

1. Preheat oven to 200°C. Line a baking tray with baking paper.
2. Bring a small saucepan of water to the boil. Add eggs and simmer for 7 minutes. Drain and stand in cold water. Crack shells and gently peel. Place into a bowl of iced water.
3. Place chicken mince, dill, parsley, HP sauce, Dijon mustard, ¼ cup breadcrumbs, salt and pepper in a large bowl and stir until combined. Divide mixture into 4 even portions.
4. Combine remaining breadcrumbs and parmesan into a bowl. Place flour into a bowl and whisk eggs in another bowl.
5. Roll an egg in flour, shaking off excess. Place a portion of mince mixture in the palm of your hand and flatten meat. Place an egg in the centre. Form mince around egg, pressing edges together so egg is completely covered. Coat with flour, whisked egg and breadcrumb mixture. Reroll in whisked egg and breadcrumbs for a thicker crust. Place on prepared baking tray.
6. Spray scotch eggs with olive oil. Bake for 25 minutes or until egg is firm to the touch and golden. Serve with chutney, baby rocket and cornichons.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)
303	2360kj 564kcal	42.1g	21.3g	7g	29.1g	5.4g
Sodium	Fibre					
834mg	2g					

All nutrition values are per serve.