



## Chicken Swirls

### Culinary Love Recipe

#### Ingredients

- 500g chicken mince
- 3 long spring onions (or 1/2 brown onion) finely chopped
- 1 tablespoons of minced garlic
- 1 tablespoon of chopped parsley
- 300g or so of frozen spinach, thawed and well drained
- grated or thinly sliced cheese
- 2 sheets of thawed puff pastry

#### Method

1. Lay the pastry down on baking paper, one above the other, overlapped by approx 2 cm, brush some water between the two sheets so it sticks well, press down firmly.
2. In a large mixing bowl, mix chicken, onion, garlic and parsley. Place mix on pastry and spread it out evenly, leaving about 5cm at the top free.
3. Add a layer of spinach over the top, then a layer of cheese over that.
4. Using the paper, roll the pastry over and over, using more brushed on water at the end to stick the roll closed.
5. Slice the roll evenly in about 3cm wide slices.
6. Place on a well greased oven tray then pop in oven on 200 degrees for 20-30 minutes or until golden brown.

