



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 40 mins

Cook time: 15 mins

Serves: 4

CHICKEN AND MUSHROOM BALLS



INGREDIENTS

- 500g minced chicken
- 4 spring onions, finely sliced
- 2 cloves garlic, crushed
- 100g mushrooms, finely diced
- 1 tsp salt
- 1/8 tsp black pepper
- 1 tbsp coriander, finely chopped
- 1 tbsp chia seeds
- 1 tsp cajun spice
- 1 x 440g can crushed tomatoes
- extra 2 tbsp chia seeds to roll balls in

METHOD

- Preset oven to 180°C (350°F).
- In bowl, combine all ingredients except extra chia seeds, and mix well.
- Form mixture into 12 balls, and roll in extra chia seeds.
- Place tomatoes into flat ovenproof dish and place balls on top.
- Bake for 20 minutes, turn balls over and bake a further 15-20 minutes.
- Serve with cauliflower rice, salad or as an entree.