



SCOTCH EGGS

ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 40-45 mins

Serves: 4



INGREDIENTS

- 500g minced chicken
- 4 -6 boiled eggs
- 1 tsp garlic, crushed
- 1 tsp ginger, grated
- 1/2 large zucchini
- 1 stalk celery
- 1 small tomato
- 100g baby spinach leaves
- 4 spring onions or equal of chives
- 1 tbsp parsley
- 1 tbsp smoked paprika
- 1 tsp salt, pepper to taste
- 1/2 cup chia seeds
- 1 tbsp tomato paste
- 1 tbsp dairy free parmesan cheese (optional)

METHOD

- Preset oven to 180°C (350°F).
- Boil eggs if not already boiled, and shell.
- In mixer/blender, combine all vegetables and spices and blend until almost smooth.
- Stir in chicken mince, tomato paste and chia seeds (and dairy free parmesan cheese if using) and mix well.
- Divide mixture into 4 or 6, and enclose each egg with the mixture, pressing firmly.
- Stand on baking paper in baking dish, and bake for 40-45 minutes until browning.
- Serve with my *creamy mashed cauliflower* or *seed bread*.