Prep Time: 10mins
Cook Time: 10mins
Serves: 20 small bites

QUICK CHICKEN BITES WITH YOGHURT DIPPING SAUCE

with Mandy Hall Masterchef 2019

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METHOD:

Heat oil in frypan and gently fry onion and carrot until soft, turn off heat and let cool slightly. Squeeze excess moisture from grated apple, if you like you can add the apple juice to your dipping sauce!

Place cooked carrot, onion & all other ingredients in a mixing bowl and combine well. Heat extra oil in a frypan over a medium heat, using a tablespoon – scoop mixture and form a rough ball, place into heated pan, gently fry and turn each side until all golden. Drain on paper towel and serve alongside yoghurt sauce.

YOGHURT SAUCE:

Combine all ingredients to make dipping sauce.

INGREDIENTS:

2TB olive oil
1 onion finely chopped
1 carrot grated
1 apple grated
350g chicken mince
1TB chopped parsley
½ tsp salt

Extra Olive Oil for frying

YOGHURT SAUCE:

1 cup Greek Yoghurt
½ tsp sea salt
½ tsp mild curry paste or powder
(alternative ½ avocado well smashed)

Pantry Items: salt, olive oil