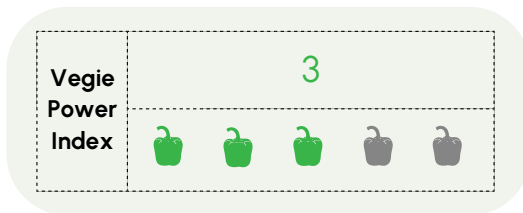


Chicken Triangles



Recipe classification	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
	Green	Everyday	Green	Green	Green	Green	Green	Green

PREP/COOKING TIME: 65 MINUTES

BASED ON: 16 SERVES

INGREDIENTS

	SERVES 16	SERVES 32	SERVES 64
Mountain bread, each wrap cut in half	8 wraps	16 wraps	24 wraps
Olive oil	1 tbsp	2 tbsp	4 tbsp
Chicken mince	350g	700g	1400g
Onion, finely chopped	1 small	2 small	4 small
Zucchini, grated	1 large	2 small	4 small
Carrot, grated	1 small	2 small	4 small
Red capsicum, finely chopped	1/2 cup	1 cup	2 cups
Peas, frozen	1/2 cup	1 cup	2 cups
Light tasty cheese, grated	1/2 cup	1 cup	2 cups
Vegetable stock powder	1/4 tsp	1/2 tsp	1 tsp
Salt and pepper	to taste	to taste	to taste

METHOD

1. Preheat the oven to 200°C. Line a baking tray with baking paper.
2. Place a saucepan onto medium heat, pour the olive oil into the saucepan and allow to heat for a minute. Add chopped onion and capsicum and cook until soft.
3. Add chicken mince and vegetable stock powder, cook until chicken changes colour.
4. Add the rest of the vegetables. Cook for a further 10 minutes then take off heat and leave to cool for a few minutes.
5. Set out the halved mountain bread wraps. Place a spoonful of chicken/vegetable mix at the bottom corner of the wrap, sprinkle with a little cheese. Carefully fold the wrap into a triangle.
6. Place triangles on lined tray and bake in the oven for approx. 15 minutes or until golden brown and crunchy.

TIP

Serve with a dollop of Greek yoghurt and a drizzle of sweet chilli sauce