

VETKOEK WITH TEMPERED HERBS & DAHL

Serves 6 - 8

INGREDIENTS:

Cater Chicken Rocklands Fillets
for 500g chicken mince

1 onion, chopped

2 cloves garlic

1 tsp curry powder

1 tsp paprika

1 carrot, grated

2 tbsp chutney

Salt and pepper

Fresh coriander/dhanya

METHOD:

1. Fry onion until soft.
2. Add garlic and spices and cook until fragrant.
3. Add chicken mince and cook until browned.
4. Stir in carrot and chutney and simmer for 5 minutes.
5. Season and finish with coriander/dhanya.
6. Serve stuffed into golden vetkoek with Chutney dip & Tomato onion relish.