

CHICKEN ALFREDO BUNS

Makes 12

Hands-on time: 45 minutes

Hands-off time: 35 minutes

INGREDIENTS

For the dough:

2 cups self-raising flour

1 cup plain yoghurt

½ tsp salt, to season (optional)

For the filling:

1 tbsp oil

½ onion, diced

1 cup button mushrooms, sliced

1 (150g) chicken breast, diced

1 garlic clove, crushed

½ tin (145g) NESTLÉ Dessert & Cooking Cream

2 tbsp parsley, finely chopped

½ tsp each salt and pepper, to season

1 large egg, beaten

Serving suggestion:

Green salad

METHOD

For the dough:

1. Preheat the oven to 180°C and grease a large baking dish with non-stick cooking spray.
2. Sieve the flour and fold in the yogurt and salt until a dough is formed.
3. On a floured surface, knead the dough by hand for 5-8 minutes. If too sticky, add more flour, a little at a time, while kneading. Cover and set aside until needed.

For the filling:

4. Heat the oil in a pot over medium heat. Add the onions and mushrooms and sauté for 2 minutes until tender. Add the chicken and sauté for 5 minutes until browned.
5. Stir in the garlic and the NESTLÉ Dessert & Cooking Cream and bring the mixture up to a gentle simmer. Cook for 5-7 minutes or until the sauce has reduced and thickened.
6. Turn the heat down and stir in the chopped parsley and season with salt and pepper. Take off the heat and allow the filling to cool for 10 minutes.

To assemble:

7. Divide the dough into 12 portions and roll into balls. Flatten each ball into a palm-sized circle.
8. Add 1 tablespoon of the cooled filling into the centre of each circle. Fold the edges in towards the centre, over the filling, and press together to form a ball. Place the ball, seam-side down, into the baking dish and continue with the rest of the dough balls.

