

# CHEESY PILCHARD PULL-APART RING

Serves 6-8

Hands-on time: 35 minutes

Hands-off time: 30 minutes

## INGREDIENTS

### For the cheesy pilchard filling:

1 tin (400g) Lucky Star Pilchards in Sweet Chilli Sauce

3 tbsp mayonnaise

½ tsp each salt and pepper

4 tbsp chopped coriander, plus extra for the garnish

1½ cups grated cheddar cheese

### For the dough:

4 cups self-raising flour

2 cups plain yoghurt

1 tsp salt

### To assemble:

1 egg, beaten

### Serving suggestion:

Chutney

Garden salad

## METHOD

1. Preheat the oven to 180°C and line a baking tray with baking paper.

### For the cheesy pilchard filling:

2. Remove the Lucky Star Pilchards in Sweet Chilli Sauce from the tin and remove the bones using a fork. *\*Chef's Tip: It is not necessary to remove the bones as they are safe to eat!*
3. Place the pilchards and half of the sauce from the tin into a bowl and add in the mayonnaise, salt and pepper and mix well to combine. *\*Chef's Tip: Freeze the leftover sauce in an ice tray to use for other meals!*
4. Add in the chopped coriander and 1 cup of cheese and stir well to combine. Set aside.

