

spicy chicken vol au vents



ingredients:

350g diced chicken breast
1 small onion
¼ cup of diced red capsicum
¼ cup of diced green capsicum
8 large vol-au-vents cases
¼ cup sliced broccoli florets
¼ cup sliced cauliflower florets
¼ cup of diced mushroom cups
¼ cup asparagus cut into 1 cm pieces
50 g Danish feta crumbled
½ jar of salsa – mild or hot
½ tsp fresh minced chilli
½ tsp fresh minced garlic
1 cup grated cheddar cheese
spray oil
salt and pepper to taste

step one: **DO NOT** pre-heat the oven. By placing the vol au vents into a cold oven the process of heating the oven distributes the heat better without burning the delicate pastry. Spray a large enough oven tray and arrange the cases on the tray and set aside.

step two: Sauté the diced onion and capsicum in a pan. Add salt and pepper to taste, and when the onion is almost translucent, add the diced chicken. Keep the pan relatively hot and stir frequently to ensure the chicken doesn't stick to the

bottom of the pan. The trick here is to cook the chicken, not overcook it, so before all the juices evaporate, add the other diced vegetables and stir through, cooking for another 2 or 3 minutes.

step three: Add the chilli, garlic, salsa and feta. Stir to combine and allow the feta to melt as the salsa heats up, making a sauce. If there appears to be too little sauce, add a bit more salsa or a few tablespoons of water, but don't allow it to be sloppy. The sauce should just coat the chicken and the vegetables. Remove from the heat and distribute evenly between the eight vol au vent cases.

step four: Top each vol au vent with grated cheese and place into the oven. Turn the oven temperature to 180°C (350°F).

step five: Bake for approx. 15 – 20 minutes or until the cheese on top is golden brown. Serve with some fresh vegetables or salad or enjoy them on their own.

helpful hints:

- You can make your own cases, but I choose not to as the packaged ones are relatively inexpensive.
- You can add any combination of vegetables. Personally, like the ones I've listed.

Enjoy!