

Healthy, Delicious and Easy Chicken and Veg Baked Dumplings

Blend:

- 3 large handfuls parsley
- 4 cloves garlic, peeled
- 3 carrots, peeled
- 1kg chicken breasts
- 1 can low-fat condensed milk
- 2 eggs
- ½ load of your favourite bread, crusts removed torn into pieces
- 5 tbsp either chili or oyster sauce depending on tolerance

Method:

Preheat oven to 200°C.

Blend the parsley, garlic, carrots and chicken 'til smooth. Remove mixture from the blender, and then add the condensed milk, eggs, bread, and sauce. Mix everything well with your hands.

Cover oven trays with baking paper. Drop teaspoonfuls of the mix on the paper.

Bake til the drops are lightly brown about 12 minutes.

Turn the dumplings over and brown the other side.

Freeze till needed, then thaw, heat well in the oven, and serve with plum sauce, chilli sauce, tomato sauce. They also make excellent spaghetti and meatballs if added to a good tomato sauce; a wonderful salad (See above) or very good shepherd's pie – just lay them in a dish, cover with a good tomato-based sauce, then with mashed potato. Brown well and serve.