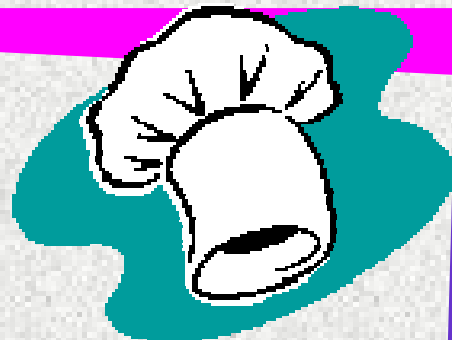


Chicken & herb balls



Ingredients

500g minced chicken	4 spring onions chopped
1tsp ground ginger	2 cloves garlic peeled & crushed
1 tsp ground cumin	2tbsp fresh coriander chopped
1 tsp ground coriander	2tbsp fresh mint chopped
1red chilli deseeded & chopped	salt & pepper

METHOD

1. Place the chicken, spring onions, garlic, red chilli, ground spices and chopped herbs into a large mixing bowl. Season and using your fingers, mix thoroughly.
2. Cover and chill for 3-4 hours.
3. Preheat oven to 200 c. Line a baking tray with non-stick baking parchment.
4. Shape into 30 little cakes, about 5cm across.
5. Refrigerate for 10-15 mins to set their shape
6. Place the cakes on to the prepared tin, cook for 20mins or until cooked through.
7. Serve with chilli sauce or yogurt dip.