

GF Friendly

Chicken & Spinach Slice

Savoury main-meal or finger food and anytime snack

I based this on Recipe 11 Zucchini slice with a few changes. It turned out thinner and heavier than I had intended, but we enjoyed the result which gave the two of us a main dish and a load of finger food to freeze for later. It can be eaten hot or cold, so it is ideal for finger food at parties, or as an extra snack in the lunch box.

- 300g cooked chicken, shredded
- 1 small onion, quartered and sliced thinly
- 250g frozen chopped spinach
- ½ cup cottage cheese
- 1 Tbsp Parmesan cheese
- 1 tsp chicken stock powder
- ½ tsp paprika
- salt & pepper (optional)
- 3-4 eggs, lightly beaten
- 1 cup self raising flour
- ¼ cup light-tasting olive oil
- ½ cup milk



In a large bowl, mix the flour, stock powder, paprika, parmesan and a shake of salt and pepper if using; then add the following ingredients in order, combining thoroughly – onion, chicken and cottage cheese. Next, squeeze the water out of the **defrosted** spinach. Beat the eggs in a bowl with the milk; now stir in the spinach to separate well before adding to the mixture. Finally, stir in the oil.

Spread the mixture evenly in a slice tin or shallow baking dish lined with baking paper and bake on 160°C fan-forced (180°C conventional) for about 30 minutes until starting to brown. Test by pressing down lightly in the centre. If it seems firm it is cooked.

Serves 2-4 with salad or fries, and also makes a load of finger snacks Okay to freeze

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