



## Chicken Meat Rolls Recipe

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<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>75</b>
<b>Serving Size</b>	<b>12</b>

### Ingredients:

- 500 g chicken, ground
- 1 can chicken sausage, vienna (140g)
- 1/3 cup onion, chopped
- 1/3 cup onion, chopped
- 1/4 cup celery, chopped
- 1 pouch DEL MONTE Sweet Style Spaghetti Sauce (250g)
- 2 pc egg, boiled and chopped
- 1 cup carrot, coarsley grated
- 3 slices bread loaf, white, cut into cubes
- 1/2 cup raisins
- 1 1/2 tsp salt
- 1/2 tsp pepper, black

### Preparation:

1. Combine all ingredients and season with salt and pepper. Mix thoroughly.
2. Wrap every 1 1/2 cups mixture in foil. Roll and form into logs. Steam for 1 hour. Cool and chill overnight. Unwrap and slice.

### Chef's Tip

For a juicy chicken meat roll, ask the butcher to use chicken thigh fillet which has more fat than chicken breast. The fat allows the meat roll to cook for a long time without drying out.

### Lusog Notes

This Chicken Meat Rolls recipe is high in vitamin A, which is helpful in keeping the immune system healthy and it is also a source of protein that is essential for growth and development.

### Cooking Skills Needed

- Cutting
- Mixing
- Simmering
- Slicing

### Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon
- Pot
- Spatula

- Steamer

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