



## SWEETCORN, CARROT & CHICKEN RISSOLES IN TOMATO SAUCE



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Preparation 25 mins + chilling time | Cooking 35 mins | Serves 4

500g chicken mince  
1 egg, lightly beaten  
1 small carrot, grated  
½ small red onion, grated  
1 cob sweetcorn, kernels removed  
2 tbs olive oil  
2 garlic cloves, crushed  
250g cherry tomatoes, halved  
500g jar tomato pasta sauce  
350g dried penne pasta  
Grated parmesan, to serve

**STEP 1** To make rissoles, combine chicken mince, egg, carrot, onion and corn kernels in a large bowl. Mix until well combined. Using a heaped tablespoon per rissole, roll mince mixture into small balls. Place on a tray, cover with plastic and refrigerate for 30 minutes.

**STEP 2** Heat 1 tbs oil in a large non-stick frying pan over medium-high heat. Cook rissoles, in batches, for 4-5 minutes until evenly browned. Transfer to a plate. Wipe pan clean with paper towel.

**STEP 3** Heat remaining 1 tbs oil in the frying pan over medium heat. Add garlic and tomatoes and cook, stirring for 2-3 minutes until hot. Stir in tomato pasta sauce. Season with salt and pepper. Cover and cook, stirring occasionally, for 10 minutes. Add rissoles, reduce heat, cover and simmer for 10 minutes.

**STEP 4** Meanwhile, cook penne in a large saucepan of boiling water following packet directions. Drain. Serve the penne with the tomato and rissoles and grated parmesan.

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