

# SESAME CHICKEN TOAST



## QUICK



## HEALTHY

Sesame seeds are an excellent source of copper, which helps make red blood cells and keep nerve cells and your immune system healthy

## FAMILY



## MEALS



## INGREDIENTS

- 4 and a half slices wholemeal bread
- 450g chicken mince
- 1 large garlic clove – minced
- 3cm fresh ginger
- 3 spring onions
- ½ red chilli (remove seeds)
- 1 egg
- 2 tbs soy sauce
- 1 tbs sesame oil
- 1-2 tbs flour
- 2 tbs sesame seeds

## METHOD

1. Put the oven onto 180°C (Fan Oven)
2. In a bowl, mix the chicken, garlic clove, and ginger (all minced)
3. Chop the chilli finely and remove the seeds – add to the chicken mix
4. Finely chop the spring onions and add
5. Add the egg, sesame oil and soy sauce & mix
6. Add 1-2 tbs flour (It should be moist but thick enough to be spread on the bread)
7. Lay out your slices of bread and put the mixture on the top. It should be a thick-ish layer to keep it healthier (More protein to keep you fuller)
8. Sprinkle generously with sesame seeds
9. Cook for approx. 20-25 mins till golden brown and cooked through
10. Cut into triangles and enjoy – best served hot!



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)