

## Turkey Mince Rolls

**Serves:** 4

**Prep time:** 20 minutes

**Cook time:** 40 minutes



1 ½ serves per portion

### Ingredients

400g turkey or chicken mince

1 small onion, very finely chopped

1-2 garlic cloves, minced or finely grated

⅓ cup breadcrumbs

1 small egg, lightly beaten

Splash of milk

Preferred herbs or spices (e.g. 2 tsp Moroccan spice mix)

Salt and pepper, to taste

½ cup light cream cheese

2 cups baby spinach, roughly chopped

2 teaspoons soy sauce or sweet chilli (optional)

Olive oil spray

4 cups of salad of your choice e.g. garden or Greek salad (pictured)



Everyday Food

### Method

**PREHEAT** oven to 180°C and line a small baking dish with baking paper.

**COMBINE** the mince, onion, garlic, egg, chosen herbs or spices and salt, pepper in a bowl.

**ADD** the breadcrumbs and a splash of milk then mix well.

**LAY** out two sheets of baking paper. Divide the mince mixture into two equal portions and flatten each into a rectangle (about 15 cm × 22 cm) on top of each baking sheet.

**SPREAD** half of the cream cheese over each portion of mince.

**DIVIDE** the shredded spinach evenly between the two rolls and layer on top of the cream cheese.

Drizzle each roll lightly with soy sauce (or sweet chilli), if using.

**USING** the baking paper sheets to prevent hands from sticking, roll each portion tightly, just as you would sushi, forming two firm, even rolls.

**PLACE** the rolls on the lined baking tray, spray lightly with olive oil, and bake for about 40 minutes, turning after 15 minutes. Don't overcook or they will dry out.

**REST** the rolls briefly, then slice each into four equal portions (or smaller pieces if preferred).

**SERVE** with your choice of side salad for a healthy, balanced main meal.

*Recipe courtesy of Gabriella Field, Virtual Branch*