

The Pampered Chef®
Chicken & Asparagus Ring
Recipe

225 g (8 oz) cooked chicken, chopped
175 g (6 oz) fresh asparagus, cut into 2.5 cm (1 in) pieces
1 carrot
1 clove garlic, pressed
140 g (5 oz) Swiss cheese, grated, divided
125 ml (6 fl oz) mayonnaise
2 tablespoons Dijon mustard
1/4 teaspoon salt
2 packets (240 g each) chilled fresh ready to bake dough for six croissants
1 egg white, lightly beaten

- 1 Preheat oven to 190°C/375°F/Gas 5. Chop chicken using **Food Chopper**; place in **Classic Batter Bowl**. Cut asparagus into 2.5 cm (1 in) pieces using **Chef's Knife**; add to bowl. Cut carrot into thin (match-stick size) strips; cut strips into thirds. Add carrot and garlic pressed using **Garlic Press** to batter bowl. Grate 115 g (4 oz) cheese into bowl using **Deluxe Cheese Grater**. Add mayonnaise, Dijon mustard and salt; mix well using **Small Mix 'N Scraper™**.
- 2 Unroll croissant dough; separate into 12 triangles. Arrange dough triangles in a circle on **Classic Round Stone** with wide ends of triangles overlapping in centre and pointed ends towards the outside (there should be about 13 cm (5 in) diameter opening in centre of stone). Gently press edges of triangles where they meet together to seal.
- 3 Spoon chicken mixture evenly onto widest end of dough triangles. Bring points of triangles up over filling and tuck under wide ends of dough at centre of ring (filling should not be completely covered). Place baking stone in **Classic & Rectangle Rack**.
- 4 Brush egg white over dough. Grate remaining cheese over top. Bake 25-28 minutes or until deep golden brown. Slice using **Pizza Cutter** and serve.

Yield: Serves 10

Per serving: Energy 1030 kJ (248 kcal); Protein 10 g ; Carbohydrate 8 g; Fat 19 g; Fibre 0,7 g; Sodium 0,3 g

Cook's Tip: When choosing fresh asparagus, select thin, bright green stalks with firm, closed tips.

To store asparagus, use **Chef's Knife** to trim 1 cm (1/2 in) from ends of spears. Place asparagus covered in the refrigerator with trimmed ends standing upright in 2.5 cm (1 in) of water.

Tool Tip: **Tool Tip:** Use the **Vegetable Peeler** to peel away the tough outer skin on ends of

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asparagus stalks.

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