

Chicken & Caramelised Red Onion Sausage

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|--------|---------------------------|---------|---------------------|
| 1lb | Chicken breast, pressed | 1/2tsp | Ground black pepper |
| 6oz | Pork fat | 1tblspn | Chives, chopped |
| 1 | Red onion, finely chopped | 2 | Egg whites |
| 1.5oz | Breadcrumbs, fresh | | Sausage skins |
| 1/2tsp | Salt | | |
| 1/2tsp | Thyme | | |



Raw meat chopping board
Large frying pan
Knife
Bowl
Food processor



Coat large non stick pan with cooking spray. Over medium heat cook onion until caramelised, stirring constantly. Remove from heat and place in mixing bowl. Cool completely.

Add remaining ingredients, stirring until evenly combined.

Pack into sausage skins. Fry when required.