

## Chicken Croissant

Written by Sanjeev Kapur

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### Ingredients for Chicken Croissants Recipe

- **Boneless chicken breasts cut into small cubes 2 medium**
- **Croissant dough 100 grams**
- **Oil 1 tablespoon**
- **Spring onion bulbs chopped 3-4**
- **Green capsicum finely chopped 1 small**
- **Soy sauce 1 teaspoon**
- **Salt to taste**
- **Cornflour/ corn starch 1 tablespoon**
- **Green chillies chopped 2-3**
- **Crushed black peppercorns ½ teaspoon**
- **Spring onion greens chopped ¼ cup**
- **Refined flour (maida) for dusting**
- **Milk for milk wash as required**

### Method

#### Step 1

Preheat oven at 200°C.

#### Step 2

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**Heat oil in a non-stick pan, add garlic and sauté for ten seconds. Add spring onion bulbs and sauté for thirty seconds. Add capsicum and sauté.**

### **Step 3**

**Add chicken and mix well. Sauté till the chicken is properly cooked.**

### **Step 4**

**Add soy sauce, salt and crushed black peppercorns and mix well.**

### **Step 5**

**Add spring onion greens and mix well. Set aside to cool.**

### **Step 6**

**Dust the worktop lightly with some flour and roll the dough. With a large knife, trim the edges cut the dough length ways into two equal strips and cut them out in triangles and refrigerate for a few minutes.**

### **Step 7**

**Place the triangles one at a time, on the worktop, with the long point nearest you. Stretch out the two shorter points, put some stuffing in the center and then starting from short edge, roll up the triangles towards you.**

### **Step 8**

**As soon as they are shaped, place the croissants on a baking tray. Leave them in warm place until doubles in size. This will take about ten minutes.**

### **Step 9**

**Glaze the croissants lightly with milk wash and place the tray in the preheated oven and bake for fifteen minutes.**

### **Step 10**

**Serve warm.**

## **Nutrition Info**

**Calories : 806**

**Carbohydrates : 86.2**

**Protein : 75.1**

**Fat : 17.8**

**Other : Iron- 7.6mg**