

Chicken patties

*serves 4

Ingredients

500g chicken mince
1 red onion, finely diced
1 medium carrot, grated
100g sweet potato, grated (raw)
75g breadcrumbs (any type)
½ cup chopped flat leaf parsley
2 chili, finely chopped (optional) or use a sprinkle cayenne pepper
Extra virgin olive oil
Salt to your liking

Method:

- Using hands, mix all ingredients well in large mixing bowl, add a good dash of olive oil.
- Shape mixture into 8 even sized patties.
- Heat ~2-3 tbs olive oil in a large frying pan. Cook both sides until golden brown, roughly 15 minutes. Best to cook in two batches of 4 patties.
- Serve with a dollop or two of Greek yoghurt and some salad & ENJOY!

