

PEPPERONI PATTIES

Time: 15 minutes

Serves: 4

Ingredients:

- 1 pound extra-lean ground beef or bison
- 1 clove garlic - finely chopped or grated
- 1 teaspoon kosher salt
- ½ teaspoon paprika
- ¼ teaspoon ground fennel
- 1 pinch cayenne pepper
- 1 pinch allspice

Preparation:

Preheat a large frying pan on medium heat.

Mix all ingredients by hand until just evenly combined. Form into four patties and fry for three to four minutes per side.

Serve immediately.

Nutritional Information Per Serving:

- Calories: 149
- Fat: 6g
- Carbs: 0g
- Fibre: 0g
- Protein: 23g