



YOU CAN COOK  
AND YOU DO HAVE THE TIME

**Kev's Kitchen**

## CHICKEN BREAKFAST SAUSAGE

**Time: 15 minutes**

**Serves: 10**

### Ingredients:

2.2kg ground chicken breast  
30g salt  
20g fresh garlic - finely chopped or grated  
6g ground sage  
5g fresh ground black pepper  
4g ground ginger

### Preparation:

Place all ingredients in the bowl of a stand mixer and mix on medium speed for two minutes.

Form into patties or portion to pan-fry crumbled.

### Nutritional Information Per Serving:

Calories: 236	<b>Hand-Size Portion Guide</b>
Fat: 5g	Palms of Protein: 2
Carbs: 0g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 43g	Thumbs of fat: 0