



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

SCARBOROUGH FAIR CHICKEN PATTIES

Time: 30 minutes

Serves: 6

Ingredients:

900g extra-lean ground chicken
10g salt
1g dried parsley
0.5g ground sage
0.5g ground rosemary
0.5g ground thyme
0.5g black pepper

Preparation:

Mix all ingredients in a suitable bowl until well combined.

Form into six patties.

Pan fry on medium heat for five minutes per side until internal temperature reaches 74C.

Remove from heat and serve immediately.

Nutritional Information Per Serving:

Calories: 195	Hand-Size Portion Guide
Fat: 9g	Palms of Protein: 1
Carbs: 0g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 28g	Thumbs of fat: 0