

Green Chicken Patties

9 ingredients · 30 minutes · 4 servings



Directions

1. Combine all ingredients (except the lettuce) in a bowl and mix well. Roll the mixture into balls in your palm, and set patties aside.
2. Preheat frypan or grill to low-medium heat and drizzle extra olive oil to prevent sticking.
3. Cook the patties for about 5-8 minutes per side, or until cooked through.
4. Serve patties in a lettuce wrap with your toppings of choice. Enjoy!

Notes

Serving Size

One serving is equal to two patties.

More Carbs

Serve on a wholegrain bun or on top of brown rice, basmati rice or quinoa.

Topping Ideas

Mustard, sweet chilli, pickles, tomato, lettuce, radish, avocado, or plain Greek yogurt.

Leftovers

These keep well in an airtight container in the fridge up to three days or freeze for up to three months.

Ingredients

- 500 grams** Extra Lean Chicken Mince
- 1 cup** Kale Leaves (very finely chopped)
- 2 cups** Broccoli (very finely chopped)
- 1** Brown Onion (very finely chopped)
- 1 tsp** Oregano (dried)
- 3/4 tsp** Sea Salt
- 1/2 tsp** Black Pepper
- 1 tbsp** Extra Virgin Olive Oil
- 1 head** Iceberg Lettuce

Nutrition

Amount per serving

Calories	253	Sodium	560mg
Fat	14g	Calcium	79mg
Saturated	3g	Iron	2mg
Carbs	9g	Vitamin B6	0.8mg
Fiber	4g	Folate	69µg
Sugar	3g	Vitamin B12	0.7µg
Protein	25g	Zinc	2mg
Cholesterol	108mg		

Kelly Orr

<http://www.lovethefoodnutritionist.com>

