

Chicken Patties with Tomato Salsa



Serves 4 Prep 10 mins + 20 mins in fridge Cook 10 mins Easy

Ingredients

500g chicken mince
4 spring onions, finely chopped
20g finely chopped parsley
1 egg white, lightly beaten
1 tbsp olive oil
1 lemon, halved

1. Mix together all the ingredients except the oil and lemon, season and shape the mixture into 4 or 5 patties. Refrigerate for 20 mins before cooking.
2. Heat the oil in a large frying pan over medium heat, add the patties and cook for about 5 minutes on each side, or until browned and cooked through.
3. Squeeze the lemon on the cooked patties and drain well on paper towels.
4. Serve with a salad of avocado slices and tomato salsa.