

CHICKEN PATTIES

Utensils and equipment

* Kitchen scales



* Fork



* Chopping board



* Bread knife



* Chopping knife



* Grater



* Mixing bowl



* Measuring spoons



* Tablespoon



* Serving plate



* Vegetable Peeler



* 2 plates



* Food processor



* Fish slice



* Baking tray



Ingredients

125g minced lean chicken



25g wholemeal breadcrumbs



1 garlic clove



1 tsp parsley



1 tsp mustard



25g onions



1 wholemeal bun



Vegetable salad

40g cucumber



40g carrots



25g onion



1 lettuce leaf



40g tomato



Cooking time: 15 - 20 minutes

Number of servings: makes 1

Method



1. Weigh and measure the required ingredients.

2. Prepare ingredients for the patty. Peel and wash the onion and garlic and chop finely. Wash the parsley and chop finely.

3. Prepare the breadcrumbs. Toast the bread and place in a food processor. Process on high speed for 1 minute until fine crumbs are obtained.



4. Mix patty ingredients in a mixing bowl. Mould into a roundish shape, roughly 2cm thick.



5. Place the patty on a greased baking tray .



6. Cook the patty for about 8 minutes on each side or until thoroughly cooked using the oven grill at 200°C.

7. Halve the bun. Place the patty inside the bun.



Vegetable Salad

8. Wash the lettuce leaf.



9. Wash and slice the tomato.



10. Wash, peel and slice the cucumber.



11. Peel, wash and slice the onion.



12. Peel, wash and grate the carrot.



13. Place all the ingredients of the vegetable salad on a serving plate or in the bun.

