

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Thai Chicken Patties

Ingredients

500g of chicken mince

1 egg

1 tbs of fish sauce

½ tbs of lime or lemon juice

½ cup of Coriander leaves (may also add stalk and roots)

2 tbs of Coconut oil

Method

1. Whizz together chicken, egg, fish sauce, lime juice and coriander in a food processor or equivalent.
2. Form patties with your hands.
3. Shallow fry in coconut oil until golden brown and cooked through.

NOTE: These patties can be frozen and defrosted when needed.



Preparation Time: 10 minutes

Cooking Time: 15 minutes

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Serves 4

For more recipes and information on living the low carbohydrate lifestyle find us at:

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