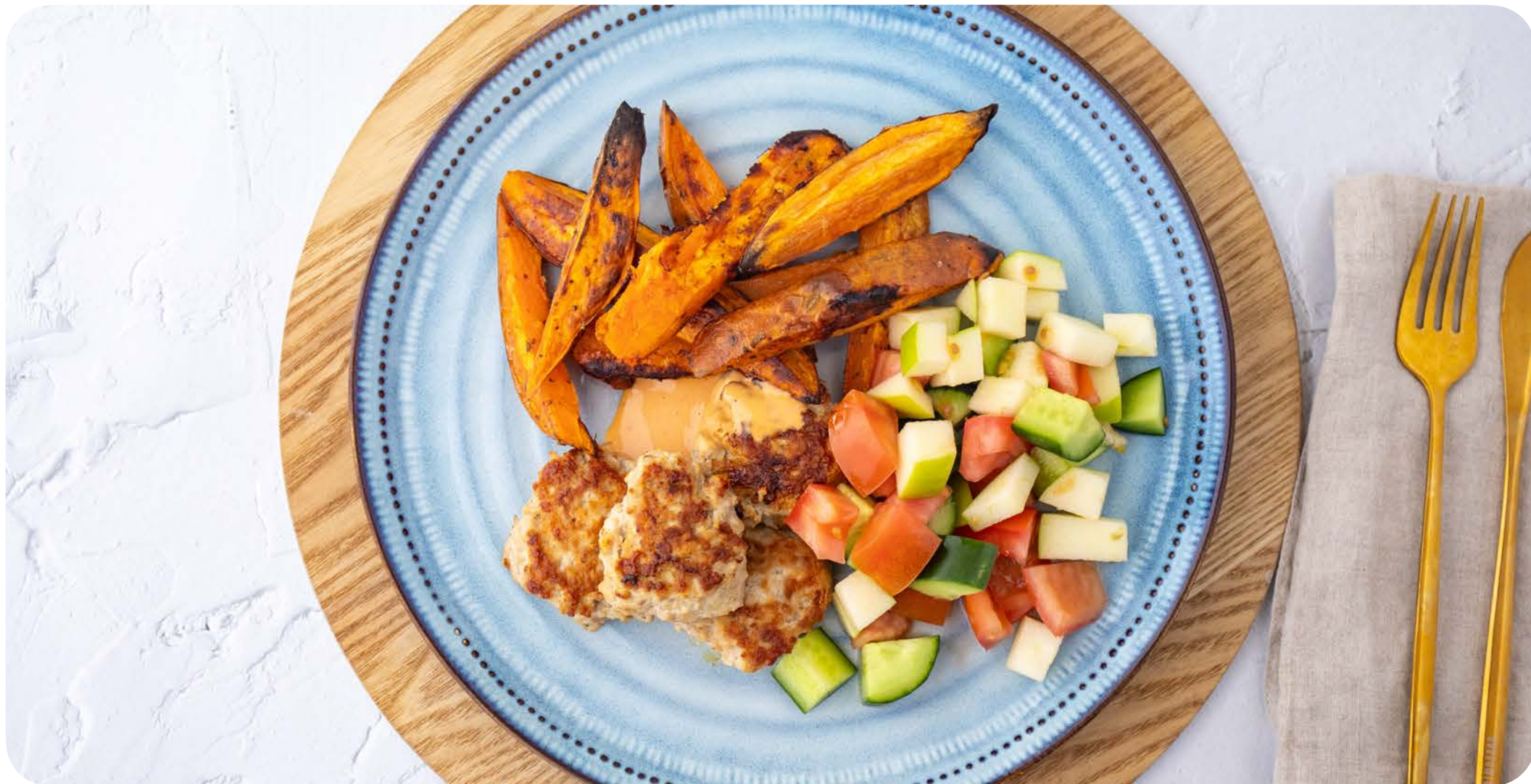


X2



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Chicken Patties

with Salsa

Golden chicken patties with roast sweet potato wedges and a fresh apple and cucumber salsa.



35 minutes



2 servings



Chicken

FROM YOUR BOX

SWEET POTATOES	400g
TOMATO	1
LEBANESE CUCUMBER	1
GREEN APPLE	1
CHICKEN MINCE	300g

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

For an Asian inspired dish, you can add lemongrass or kaffir lime leaves to the chicken patties. Serve with some sweet chilli sauce or a soy dipping sauce. Or if you feel like Indian inspired flavours, add some curry paste or curry powder to the patties. Toss the salsa with some yoghurt to make a quick raita.

For a more filling meal you can serve the chicken patties in rolls or burger buns.

1. ROAST THE SWEET POTATO WEDGES

Set oven to 220°C. Cut **sweet potatoes** into wedges and toss on a lined oven tray with **oil, salt and pepper**. Roast for 25–30 minutes until golden and cooked through.

TIP *We added 1/2 tsp dried herb seasoning for extra flavour! You could add dried or fresh rosemary or smoked paprika for a change in flavour. The wedges can be cooked in an air fryer if you have one or you can use the sweet potatoes to make a mash.*

2. MAKE THE SALSA

Dice **tomato, cucumber** and **apple**. Toss together.

TIP *You can add diced capsicum, feta cheese, fresh basil, parsley or chives if you have some!*

3. COOK THE PATTIES

Heat a frypan over medium-high heat with **oil**. Add seasoning of choice to chicken mince (see tip), **salt and pepper**. Scoop 1/4 cup fulls **chicken mince** into pan and flatten slightly with a spatula. Cook for 3–4 minutes each side or until cooked through.

TIP *Add some bread crumbs or quinoa flakes for a dryer mixture. Or you can coat the bites with a crumb to make nuggets. We added 1/2 tsp dried thyme to flavour the patties. You can add a curry paste or ground spice such as ground coriander, cumin or paprika to add flavour.*

4. FINISH AND SERVE

Serve chicken patties with sweet potato wedges, salad and dipping sauce of choice.

TIP *You can serve these patties with a tomato relish or mayonnaise, tzatziki, hummus, or a yoghurt-based dip.*

This recipe has simplified instructions to help lower your meal cost.