

CHICKEN PATTIES (low FODMAP)

*serves 4

Ingredients

1 tablespoon canola oil	1 egg, beaten
2 chilis (optional), chopped	300g chicken mince
1 carrot, grated	$\frac{1}{2}$ cup breadcrumbs
1 zucchini, grated	$\frac{1}{2}$ tsp salt
1 small bunch coriander, chopped	Black pepper

Step 1: Mix all ingredients (except the oil) together in a large bowl. Shape mixture into 8 even sized patties and lightly coat with some extra breadcrumbs.

Step 2: Heat oil in fry pan. On a low heat, cook patties slowly both sides until cooked through, this takes 15 - 20 minutes. You can also cook these on the BBQ with no or less oil.

Serve with a garden salad or steamed vegetable & **ENJOY!**



Nutritional Profile

(2 patties)

Energy	1838kJ
Fat	25g
Protein	37g
Carbs	15g
Fibre	3.5g

Each serve contains 1 serve of vegetables.

“changing the way you eat”