



## RECIPE

# APPLE AND CHICKEN SAUSAGE PATTIES

## INGREDIENTS

- 450g extra lean ground chicken
- 1 medium-sized apple, cored, finely chopped or grated
- 1 tsp ground sage
- 1/2 tsp cinnamon
- 1/2 tsp sea salt
- 2 tbsps coconut oil

## METHOD

1. In a mixing bowl, combine the ground chicken, apple, sage, cinnamon and salt.
2. Divide and form the mixture into half-inch thick patties.
3. Place on a parchment-lined tray and chill in the freezer for approximately 10 minutes.
4. Heat coconut oil in a large cast-iron pan over medium heat.
5. Fry each sausage patty until cooked through, about 3 to 5 minutes per side.
6. Set aside to cool slightly and enjoy!

