

Cheeky Chicken Bites

Serve with a side of salad.



Ingredients

- ½ red onion
- 1 garlic clove
- 1 zucchini
- 500g chicken mince
- 1 cup breadcrumbs
- 2 teaspoons dried mixed herbs
- 1 teaspoon ground cumin
- 1 teaspoon salt-reduced chicken stock powder
- ½ cup grated parmesan cheese
- Spray oil
- ½ cup tomato salsa

Equipment

- Chopping board, knife, grater, large bowl, large spoon, measuring cups, measuring spoons, sandwich press, small bowl, tongs, plate



1.

Finely dice onion and garlic. Grate zucchini.



2.

In a large bowl add chicken mince, ½ cup of breadcrumbs, onion, garlic, zucchini, mixed herbs, cumin, chicken stock and ¼ cup parmesan cheese. Mix well.



3.

Add remaining breadcrumbs to a small bowl. Shape chicken mixture into small nugget-sized patties and roll in breadcrumbs to coat.



4.

Spray sandwich press with oil and turn on. Place the chicken patties onto the sandwich press and gently close the lid. Cook for 5 minutes or until cooked through.



5.

Top each chicken patty with a small amount of salsa and sprinkle with remaining cheese. Serve warm.

