

# Chicken Rissoles



 Serves: 16 (Approx 90g)

 Prep Time: 30min

 Difficulty: Easy

This recipe is highly versatile and can be used as the base for a number of meals. For example, roll into slightly larger patties and use in chicken burgers, roll into smaller balls and serve with pasta and a tomato based sauce or simply serve with a side salad. They also make a great protein option for lunchboxes.



## Ingredients

- 1kg lean chicken mince
- 1 large red onion, grated
- 1 zucchini, grated
- 2 carrots, peeled, grated
- 1 cup tasty cheese, grated
- 1 cup breadcrumbs
- 2 teaspoons dried mixed herbs
- Small amount of olive oil or cooking spray

## Method

1. Combine all ingredients, except oil, in a bowl.
2. Roll mixture into even balls or patties.
3. Cook in a fry pan over medium heat until golden brown and cooked through. Cooking time will vary depending on the size of rissoles.