



CHICKEN RISsoles WITH TOMATO SALSA

ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Cook time: 10-15 mins

Serves: 4, (8-10 rissoles)



INGREDIENTS

- 500g minced chicken
- 1/2 cup spring onions, chopped
- 2 tsp garlic, crushed
- 2 tsp ginger, grated
- 1/2 cup chia seeds
- 1 egg
- 1/2 tsp chilli (optional)
- 1 tbsp coconut aminos (health stores)
- 1 tsp turmeric powder

- 1 zucchini, grated
- 1 stalk celery, diced
- 1/4 cup coconut flour
- 2 tbsp coconut oil
-

SAUCE

- 1 can (440g) diced tomatoes
- 1/2 cup spring onions (finely sliced)
- 1 tsp natvia
- salt and black pepper

METHOD

- In a bowl, combine all rissole ingredients. (I blend the zucchini and celery and then add them.
- Mix thoroughly and form into rissoles using 1 tbsp mixture.
- Heat coconut oil in frying pan and fry rissoles for about 10 minutes on each side, or until browned and cooked through.
- **SAUCE:**
- In pan combine all 4 ingredients, and mix.
- Bring to the boil, and simmer for 10-15 mins until it reduces a little and thickens slightly.
- Serve rissoles with sauce on the top.
-
- **NOTE:** Chilli has disaccharides, so please be aware if you are sensitive. Can be omitted.