

5-ingredient chicken patties wrap

Prep Time 10 minutes

Cook Time 10 minutes

Servings 6

Serve with: white or wholewheat wraps

Ingredients for the Chicken patties

500g (1 pound) ground chicken thighs/breast

2 large clove garlic minced

50 g (2 tbsp) fresh parsley, finely chopped

50 g (2 tbsp) fresh coriander, finely chopped

50 g (2tbs) spring onion, finely chopped

Salt & pepper to taste

100 ml (4 tbsp) oil to fry

Ingredients for the Sauce

250 ml (1 cup) mayo

juice of 1lemon/lime8

gherkins coarsely grated

50g (2 tbsp) capers

50 g (2tbs) spring onion, finely chopped

pepper to taste

To make the sauce

Mix the sauce ingredients together and set aside

To make the patties

Oil and preheat a pan to medium-high heat. In a medium to a large bowl, add all the ingredients and mix well to combine. Using your hands, make small balls and flatten them in your palms. cook the patties for 4 minutes on each side and set aside Assemble the sandwich by spreading the mayo onto each wrap and adding the patties. Gently fold the wraps in baking paper and secure the ending with your favourite twine.