

GARLIC JALAPENO CHICKEN SAUSAGES PATTIES



INGREDIENTS

ITEM

Fresh Jalapenos, Minced	2 Tbsp.
Garlic Cloves, Minced	2
Olive Oil	2 Tbsp.
Ground Chicken (Not Too Lean)	1 lb.
Red Cayenne Pepper	To Taste

QUANTITY

ITEM

Fennel Seeds, Crushed	½ Tsp.
Allspice	⅛ Tsp.
Sea Salt	¼ Tsp.
Black Pepper	To Taste

QUANTITY



PREPARATION

- Heat the olive oil in a skillet over medium heat. Add the minced jalapenos and garlic cloves, and saute for about 2-3 minutes until they soften and become fragrant. Remove from heat and set aside to cool.
- In a mixing bowl, combine the ground chicken, red cayenne pepper, crushed fennel seeds, allspice, sea salt, and black pepper.
- Add the cooled minced jalapenos and garlic to the bowl with the chicken mixture.
- Using your hands or a spoon, mix all the ingredients together until well combined. Be careful not to overmix.
- Divide the mixture into equal portions and shape them into patties. You can make them any size you prefer.
- Heat a skillet or grill pan over medium-high heat. Lightly grease the pan with olive oil.
- Cook the chicken sausage patties for about 4-5 minutes on each side, or until they are browned and cooked through.
- Remove the patties from the skillet and let them rest for a few minutes before serving.
- Enjoy!