



## Gingered chicken patties



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 garlic clove roughly chopped
- ☐ 1 piece ginger chopped
- ☐ 4 spring onion roughly chopped
- ☐ 4 chicken thighs skinless cut into large chunks
- ☐ 0.5 cilantro leaves chopped
- ☐ 2 tbsp fish sauce
- ☐ 3 tbsp unrefined sunflower oil
- ☐ 300 g eggs

- ☐ 250 g savory vegetable
- ☐ 0.5 tbsp soya sauce
- ☐ 4 servings chilli sauce sweet

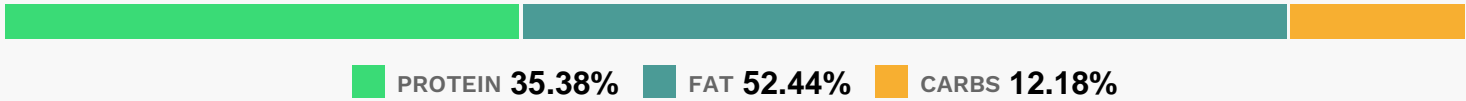
## Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ Put the garlic, ginger and spring onions into a food processor and pulse until finely chopped.
- ☐ Add the chicken, coriander, fish sauce and seasoning, and pulse again until well combined. Use wet hands to shape the mixture into 12 patties.
- ☐ Bring a large saucepan of water to the boil and cook the noodles following pack instructions. Meanwhile, heat 2 tbsp of the oil in a large pan and fry the patties for 4 mins on each side until cooked through.
- ☐ Remove from the pan, cover and keep warm.
- ☐ Drain the noodles.
- ☐ Heat the remaining oil in the pan and add the vegetables. Cook over a high heat for 2–3 mins, then add the noodles and soy sauce, stir-frying for a few mins to heat everything through.
- ☐ Serve the noodles and chicken patties with chilli sauce.

## Nutrition Facts



## Properties

Glycemic Index:42.25, Glycemic Load:3.11, Inflammation Score:-9, Nutrition Score:25.478695745053%

## Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 389.75kcal (19.49%), Fat: 22.66g (34.86%), Saturated Fat: 4.62g (28.86%), Carbohydrates: 11.85g (3.95%), Net Carbohydrates: 8.92g (3.24%), Sugar: 1.46g (1.62%), Cholesterol: 386.35mg (128.78%), Sodium: 1081.27mg (47.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.39g (68.79%), Vitamin A: 3743.66IU (74.87%), Selenium: 50.06µg (71.51%), Phosphorus: 408.84mg (40.88%), Vitamin B6: 0.77mg (38.44%), Vitamin B3: 7.54mg (37.71%), Vitamin B2: 0.62mg (36.32%), Vitamin E: 5.38mg (35.89%), Vitamin K: 29.72µg (28.31%), Vitamin B5: 2.65mg (26.54%), Vitamin B12: 1.43µg (23.9%), Zinc: 3.07mg (20.49%), Folate: 70.99µg (17.75%), Magnesium: 70.42mg (17.61%), Iron: 3.16mg (17.58%), Potassium: 594.25mg (16.98%), Vitamin B1: 0.22mg (14.8%), Manganese: 0.29mg (14.28%), Vitamin C: 9.66mg (11.71%), Fiber: 2.93g (11.7%), Copper: 0.2mg (10.21%), Vitamin D: 1.5µg (10%), Calcium: 85.28mg (8.53%)