

Polish Chicken Patties

Yield: 25 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-chicken-recipe>

Ingredients:

- 1 pound ground chicken I prefer dark meat
- 1 pound ground turkey 85% lean
- 1 carrot small, grated fine
- 1 zucchini small, grated fine
- 1 onion small, grated or minced very fine
- 3/4 cup breadcrumbs plain, or more if needed - for Passover use matzo meal
- 1 large egg beaten
- 4 teaspoons crushed garlic
- 1 1/2 teaspoons paprika
- 1 1/4 teaspoons salt
- 1/2 teaspoon ginger
- 1/2 teaspoon nutmeg
- 1/2 teaspoon allspice
- 1/4 teaspoon cloves
- 1/4 teaspoon black pepper
- 1/4 teaspoon cinnamon
- 1/4 cup extra virgin olive oil or more if needed
- 1 tablespoon chopped parsley fresh, for garnish, optional
- 2 carrots medium, shredded fine
- 1 onion small, minced
- 1 tablespoon olive oil
- 1 teaspoon paprika
- 1/2 teaspoon salt or more to taste
- 1/4 teaspoon pepper or more to taste
- 1 quart chicken stock or vegetable stock
- 3/4 cup frozen peas optional

Nutrition:

1. Calories: 120 calories

2. Carbohydrate: 6 grams
3. Cholesterol: 40 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 8 grams
7. SaturatedFat: 1 grams
8. Sodium: 280 milligrams
9. Sugar: 2 grams

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