

rosemary lemon chicken patties

Makes 4 servings

RECIPE ADAPTED FROM: [The Daley Plate](#)

PREP TIME: 5 minutes

COOK TIME: 15-20 minutes

- 1lb ground chicken
- 2 Tbsp sour cream (I used Kite Hill's dairy-free)
- 1 heaped tsp chopped fresh rosemary
- 1 tsp kosher salt
- ½ tsp cayenne pepper
- 2-3 minced garlic cloves
- Zest of 1 medium sized lemon
- 2 Tbsp chopped chives or green onions
- olive oil for cooking

COMBINE all ingredients in a medium-sized bowl and gently mix until everything is evenly distributed. Do not overwork to promote a better texture.

HEAT some olive oil in a skillet over medium high heat and divide chicken mixture into four equal parts. Flatten gently to form patties, then sear for 5-8 minutes per side or until internal temperature reaches 160°F.

Serve immediately with your favorite side dish. My preferred sides are green vegetables like collards or sautéed zucchini and squash and this [Double Parmesan Mashed Cauliflower](#).

