Thai-Inspired Chicken Patties

Makes 5 patties

Ingredients

- 1 pound ground chicken
- 2 large garlic cloves, minced fine (not to brag, but my organic garlic is home grown)
- ½ cup chopped fresh cilantro, stems and leaves
- 2 Tbsp finely minced red onion
- 2 teaspoons fish sauce
- ½ tsp kosher salt flakes
- ½ tsp fresh black pepper, ground
- 2 Tbsp avocado oil

Instructions

Mix all the above together using disposable gloves. The raw mixture is sticky and loose. Form into five patties and put on a foil lined tray-refrigerate for ½ hour or so.

When ready to cook, take the patties out of the refrigerator. Heat a cast iron skillet until hot, add 2 Tbsp neutral oil. Fry 8 min on one side and about 4 on the other until cooked thoroughly. Serve with pickled onions or grainy mustard plain, in a bun or on top of a salad with oven fries.