

Crunchy Thai chicken and peanut patties

Makes: 24 patties

Ingredients

3 tsp Xylitol
1 tbsp fish sauce
350g chicken mince
120g unsalted peanuts, roasted, chopped coarsely
40g breadcrumbs or crumbed ryvita
1 tbsp Thai red curry paste
1 tbsp lime juice
3 Kaffir lime leaves, finely chopped
2 tbsp sweet chilli sauce
2 tbsp coriander, freshly chopped
½ cup 125ml oil, for frying



Instructions:

Dissolve Xylitol in the fish sauce, then place in a bowl with chicken mince, peanuts, breadcrumbs, curry paste, lime juice, kaffir lime leaves sweet chilli sauce and fresh coriander. Mix well. Divide into 24 small balls, they will be quite soft. Flatten into patties about 1½ cm thick.

Refrigerate for about half an hour. Heat the oil and cook in batches for 2 to 3 minutes on each side or until firm and golden.

Drain on some kitchen towel.

Nutrition information:

Each Serving = **5 Patties**

Kcal	250
Fat	3.2g
Net Carbs	8g
Protein	20g