

Thai Chicken Patties with Sweet Chili Sauce

by [marie](#) on August 6, 2014

<http://notenoughcinnamon.com/2014/08/06/thai-chicken-patties-with-sweet-chili-sauce/>

Servings: 4



Chicken patties can sometimes be on the dry side but these are definitely not. To make sure they stay super moist, I used a secret ingredient that *no one* will be able to spot unless you tell them. Please

Recipe from Thom Hackett's Recipe File at www.thomcooks.com

welcome the camouflage's master...zucchini! Adding grated zucchini to the ground chicken mix will not only help the meat to stay moist, it's also a very easy way to include more veggies in your diet without even noticing. To make sure it's undetectable, I grated the zucchini very finely, using the smallest holes of my box grater. You'll see that the meat mixture is very wet so you'll need to use wet hands to form the patties. However, they'll hold perfectly well when cooking. You can eat these patties warm or cold. I tried both and I loved them even more when cold!

Ingredients

1 lb / 500 g ground chicken breast
1 small zucchini, peeled and finely grated (makes about 1/2 cup, packed)
1 egg
1 tbsp packed fresh cilantro, chopped
1 tsp lime rinds, finely minced (about 1/4 medium lime)
the juice of 1/2 lime
2 tsp fish sauce
2 scallions stalks, green and white, finely chopped
2 tsp olive oil (more if needed)
1/2 cup [homemade sweet chili sauce](#) (or store-bought)

Cooking Method

1. In a large bowl, combine ground chicken, grated zucchini, egg, cilantro, lime rind and juice, fish sauce and scallion. Season lightly with salt.
2. Use your wet hands to form 2 to 2.5 inch wide patties (you'll get about 8). The mixture will be quite runny but the patties hold together very well when cooking, no worries!
3. Heat olive oil in a non-stick skillet over high heat. When hot, add about 4 patties, making sure you don't overcrowd the skillet. Reduce heat to medium-low and cook for 5 minutes. Flip patties and cook for another 5 minutes. You want to cook them gently, so they are brown on the outside and cooked all the way through inside. Repeat with remaining patties, adding olive oil if needed. Serve them warm or cold with sweet chili sauce.