



Chicken Hot Cakes

NIBBLEDISH CONTRIBUTOR

Ingredients

500 gr. ground chicken meat
2 unpeeled shredded zucchini
1 egg (or two egg whites if you are on a diet like me :))
1 tsp garlic powder
1 tsp black paper
1 tbsp fresh parsley, chopped
salt
1/2 tbsp olive oil

Instructions

Heat a non stick skillet on a medium - low heat.
In a large mixing bowl combine all ingredients. Mix well with your hands to combine.
When the skillet is well heated, grease it with the olive oil using a paper napkin. Do not over grease it! Grease your hands too. Shape a small balls (apricot size) from the chicken mixture, place them onto the heated and greased skillet, then flat them with the back of a spoon. Grill the chicken cakes until almost set on the top. Turn the cakes and grill on the other side until brown. Serve warm.