

Chicken & Pineapple Patties



you will need:



1 chicken breast



1 egg



2 tablespoons tomato paste



1/3 cup crushed pineapple



100 grams ground almonds



2 tablespoons oil



2 teaspoons curry powder



1/2 cup oats

tools:



frypan



knife



chopping board



mixing bowl



mixing spoon

steps

1



finely chop
chicken



place in bowl



add drained
pineapple, egg,
curry



add tomato
paste and oats



mix with spoon

2



form patties



coat with
almonds



heat oil in pan



fry til golden
brown

Be careful-
make sure
chicken is fully
cooked