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**Chicken** *and*  
**PARSLEY patties**

*with braised leek and cheesy sauce and potato  
and swede mash*



Created by

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# Ingredients

## For the patties

250g chicken breast minced, or chopped finely by hand  
1 ½ tbsp parsley, finely chopped - or 1 tsp dried parsley  
1 ½ spring onions, very finely chopped – or half an onion, very finely chopped  
½ tsp butter  
30g fresh bread crumbs  
25ml milk  
Salt and pepper to taste  
Oil for frying

## For the swede and potato mash

1 large Désirée potato cut, into 2cm dice (you could use King Edward, Lady Balfour or any other good mashing potato)  
¼ swede, cut into 2cm dice  
40g grated parmesan or cheddar (optional)  
20g butter  
1 garlic clove, chopped finely  
Salt

## For the braised leek and cheesy sauce

150g leek, cut into 1cm rounds  
15g flour  
25g butter  
115ml full fat milk  
50g cheddar grated  
½ tsp of salt

**2** Makes 2 servings

 Can be frozen

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# To make the patties

1. Soften the spring onions in a small frying pan with the butter; do not brown. Cool.
2. In a mixing bowl add the chicken, spring onions, breadcrumbs, milk and chopped parsley. Season with salt and pepper. Mix well.
3. To make the chicken patties, weigh the mixture and divide into 4. Shape each ball of chicken into the shape of a hamburger: You can do this with your hands or put into an oiled ramekin, pat down until flat then turn out onto a tray and put into the fridge to rest and firm up for half an hour. You can make these patties up to 12 hours in advance if you keep them in the fridge.
4. Fifteen minutes before eating heat some oil in a frying pan to a medium to low heat and add the patties, cook on each side for four minutes until golden brown. Drain onto some kitchen paper and rest for 5 minutes covered.

# To make the mash

1. Put the swede and potatoes into a large saucepan covered with water; add a large pinch of salt.
2. Cook for 20 to 25 minutes until soft. Drain well.
3. Add the butter; garlic, add grated cheese (if you're using some).
4. Mash up with a potato masher; check for seasoning.

# To make the leek and cheesy sauce

1. Soften the leeks with the butter in a non-stick pan on a low heat, be careful not to brown. This will take a good 30 minutes as they need to soften really well.
2. Now add the flour to the leek, mix in well and cook for a minute on a low heat. Add half the milk, bring to simmer; mix well now and then add the other half. Cook until it the mixture thickens.
3. Add the cheese, mix in until melted and then taste for seasoning.
4. This can be made in advance and reheated.

If you're short for time, the sauce can be made ahead and reheated. You could leave out the sauce and serve with green veg.

If you have a wheat allergy you can leave the bread out or use a gluten free alternative.

Don't be tempted to put the spring onions in raw, they are better if they are cooked. If you don't have spring onions, you can use a shallot instead, it must be finely chopped.

You can use chicken stock if you don't want milk this makes more of a velouté.

## Top Tip

The chicken patties keep well in a sealed container in the fridge for up to three days. They can be eaten from cold and make a good snack or sandwich filling.