

CHICKEN PATTIES with MANGO & JALAPENO SALSA

SALSA is dance – a mixture of passionate dance styles popular in Latino communities.

SALSA is music – a combination of African music and Spanish guitar with its own Latin style and rhythm.

SALSA is sauce - introduced by the Aztecs, Incas and Mayans it was a mixture of tomatoes, chillies and squash. The salsa in this recipe is simple to prepare, uses fresh ingredients, is a little spicy and can be served with tacos, burritos, tortilla chips or as a topping on delicious Mexican style **CHICKEN PATTIES**.

INGREDIENTS: SALSA

PREP TIME: 30 min **SERVINGS:** 4 **REFRIGERATE TIME:** minimum 2 hours

2 cups of chopped fresh mango

½ medium size red onion finely chopped

1 Jalapeno, seeds removed and finely chopped

2 tbsps coriander leaves

1 medium sized tomato chopped

½ tsp. salt

1 tsp ground cumin powder

Juice of half a lemon

1 tsp sugar

In a small bowl mix all the ingredients together, cover and refrigerate for a minimum of two hours before serving.

INGREDIENTS: CHICKEN PATTIES

PREP TIME: 20 min **COOK TIME:** 10 – 12 min **SERVINGS:** 4

1 lb ground chicken

½ yellow onion finely chopped

½ Jalapeno (fresh) finely chopped

2 garlic cloves finely chopped

1 tsp salt

1 tsp ground cumin

1 tsp smoked paprika

1/3 cup shredded old cheddar cheese

2 tbsps vegetable oil

4 ciabatta, kaiser or regular hamburger buns , lettuce leaves, mayo and sliced avocado (optional).

In a medium size bowl gently mix together the chicken, onion, jalapeno, garlic, salt, cumin, paprika and cheese. Divide mixture into 4 portions. Using WET hands form each portion into patties about ½ inch thick and place on waxed paper.

Heat oil on medium heat in a large non-stick, heavy base skillet and then add the patties. Cook patties until they turn a light brown, approximately 10-12 minutes or until cooked through, flipping once.

Serve patties on toasted buns with mayo, lettuce, sliced or mashed avocado (optional) and Mango and Jalapeno salsa.

Bon appetit...

