

# Chicken Apple Sausage



8  
SERVINGS



10 MIN  
PREP TIME



30 MIN  
COOK TIME

## Ingredients

- 1 Granny Smith apple (unpeeled)
- 1 lb ground chicken
- 2 garlic cloves; grated on a microplane or super fine grater
- 2 scallions, chopped
- 1 tsp Kosher salt (library has some)
- ½ tsp black pepper
- ½ **tsp fennel seeds from the library**
- ¼ tsp crushed red pepper flakes
- pinch of nutmeg
- 4 tsp vegetable oil

## Instructions

1. Grate apple on the large holes of a box grater onto a cutting board; discard the core and stem.
2. Gather apple onto a paper towel and carefully wring out the apple juice while reserving the apple. Roughly chop grated apple and transfer to a large bowl.
4. Add the ground chicken, garlic, scallions, salt, pepper, **fennel seeds**, crushed red pepper, and nutmeg to the bowl with the apple. Using your hands, gently mix to combine. Shape into 8 balls and place on a parchment-lined baking sheet.
5. Heat 2 teaspoons of the oil in a large cast iron skillet over medium heat. Flatten 4 balls, each into a 3-inch wide patty and place in the pre-heated skillet. Cook until browned on both sides. Repeat with the remaining balls.

\*\*\*Use ground chicken with light & dark meat, not just ground chicken breast as it is too lean.