

# Cheesy Chicken Fritters

Serves 4 (3 fritters per serve)

## Ingredients

### Chicken Fritters:

500 g chicken mince  
 2 large egg  
 60 ml (1/4 cup) mayonnaise\*  
 35 g (1/4 cup) gluten free all purpose flour\*  
 84 g (3/4 cup) mozzarella cheese or soy based  
 vegan cheese (optional) (grated)\*  
 2 tbsp fresh basil (finely chopped)  
 2 tsp dried chives\*  
 1/4 tsp salt  
 Season with black pepper\*  
 Drizzle of olive oil

### Low FODMAP Aioli:

60 ml (1/4 cup) mayonnaise\*  
 1/4 tsp garlic infused oil\*  
 1/2 tbsp lemon juice\*  
 1 tsp lemon zest\*  
 Season with salt & pepper



## Method

1. Finely chop your fresh basil and grate the cheese. Place the chicken mince, eggs, mayonnaise, flour, cheese, basil, dried chives, salt and pepper in a bowl. Stir until well combined.
2. Heat a large non-stick frypan over medium heat and add a drizzle of olive oil (about 1 tablespoon). Once the oil is hot, use a 1/4 cup measurement to scoop the mixture into fritters, pop into the pan and then flatten slightly with a spatula. Fry each side for 3-4 minutes until golden brown, add more oil as needed. Once the chicken is fully cooked, place the fritters on a paper towel lined plate to drain. Cook the fritters in batches.
3. To make the low FODMAP aioli (if using), mix the mayonnaise, lemon juice, lemon zest, garlic infused oil and salt and pepper in a small bowl, until smooth.
4. Serve the fritters hot with a side of aioli.

Recipe provided by Alana Scott



Alana has irritable bowel syndrome and coeliac disease. She is allergic to nuts and intolerant to dairy products. Hence, she understands how difficult it can be to cook with food intolerances. Her recipes inspired her to found A Little Bit Yummy, where she shares her recipes.