



Air Fryer Chicken Rissoles Recipe

Description

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Ingredients:

- 500g (1 lb) ground chicken
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 medium carrot, grated
- 1/2 cup breadcrumbs
- 1/4 cup parsley, finely chopped
- 1 egg
- 1 tablespoon Worcestershire sauce
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- Cooking spray or a light drizzle of olive oil

Instructions:

1. **Prepare the Mixture:**
 - In a large mixing bowl, combine the ground chicken, chopped onion, minced garlic, grated carrot, breadcrumbs, parsley, and egg.
 - Add the Worcestershire sauce, salt, and pepper to the mixture.
 - Mix all the ingredients thoroughly until well combined.
2. **Shape the Rissoles:**

- Using your hands, shape the mixture into even-sized patties, approximately 2-3 inches in diameter and about 1/2 inch thick. This should yield around 8-10 rissoles.

3. **Preheat the Air Fryer:**

- Preheat your air fryer to 180°C (356°F) for about 5 minutes. This ensures even cooking.

4. **Cook the Rissoles:**

- Lightly spray the air fryer basket with cooking spray or a drizzle of olive oil to prevent sticking.
- Place the rissoles in a single layer in the air fryer basket. You may need to cook them in batches, depending on the size of your air fryer.
- Cook the rissoles at 180°C (356°F) for 10 minutes.
- After 10 minutes, flip the rissoles and continue to cook for an additional 5-7 minutes, or until they are golden brown and cooked through.

5. **Check for Doneness:**

- To ensure they are fully cooked, the internal temperature of the rissoles should reach 75°C (165°F). A meat thermometer can help verify this.

6. **Serve:**

- Remove the rissoles from the air fryer and let them rest for a couple of minutes before serving.
- Enjoy your air fryer chicken rissoles with a side of salad, vegetables, or your favorite dipping sauce.

Tips for Best Results:

- If the mixture feels too wet, add a little more breadcrumbs to help bind the ingredients together.
- For added flavor, consider incorporating herbs such as thyme or basil into the mixture.
- To make the rissoles spicier, add a pinch of chili flakes or your favorite hot sauce.

Enjoy this delicious and healthier version of chicken rissoles with your family and friends!

Category

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