

Healthy Chicken Frikkadels for the Little Ones

Photography by [Darren Bester](#)

Chicken Frikkadel's with Apple & Parmesan - so healthy your toddler can eat them too !

Hudson is definitely his Mother's child because my boy loves his food ! He may look just like his Dadda but he has his Mamma's appetite :) He just loves these tasty little frikkadels and its one of my favourites too because its so versatile (and tasty ... I don't have any trouble eating his leftovers *blush*).

Make a big batch and you can use them for lunches, dinners and even on their own as a little protein snack. They work really well for meals outside of the home, because they can be enjoyed cold too!

These frikkadel's freeze well & can be defrosted in the microwave in 1 and a half minutes - Which is a real life saver when you have a hungry little one waiting for a meal. If you packing it in for a meal on the run, then its great that it's frozen because it helps keep the lunchbox cool and due to its small size, it defrosts quickly, ensuring its perfectly chilled by meal time.

Yield: 38 Frikkadel's of 30grms each

Ingredients:

coconut oil / olive oil for frying

600grms boneless and skinless chicken thighs - blended in a food processor until smooth

3 onions

fresh breadcrumbs from 4 slices of bread

3 cloves garlic

handful fresh thyme, finely chopped

handful fresh parsley, finely chopped

2 granny smith apples, peeled & grated

60grms parmesan cheese, finely grated

3 eggs, beaten



Method:

Pour the coconut oil / olive oil into the pan and warm, add the onions and garlic and sauté until soft - set aside. In a mixing bowl, add the minced / pureed chicken, breadcrumbs, fresh herbs, eggs, apple, parmesan and add the onion mixture. Stir well to combine.

Preheat the oven to 180°C

Heat a little coconut oil / olive oil in pan/s and fry gently in batches to brown on both sides. Line a baking tray with baking paper and place the fried frikkadels onto the tray and pop into the oven for 10 minutes. Remove and place on a cooling rack until cool.

At this point, you could refrigerate a few frikkadels for your next meal. With the remaining frikkadels, you can portion and freeze for up to 3 months. I freeze x 2 frikkadels per portion by wrapping in clingfilm and then putting all the wrapped portions in a freezer bag, sealed and labelled with the date. As and when needed, I remove a portion and microwave on high for 1.5 minutes.

Serving Suggestion: Serve with mash potato and vegetables / Serve with baby cherry tomatoes, cheese blocks and cucumber for a finger lunch or dinner.