

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

Photography by [Darren Bester](#)

These frikkadel's freeze well & can be defrosted in the microwave in 1 and a half minutes. When making for my 1 year old, I make each frikkadel 30grms in weight. If making for adults, I increase to 80grms each (Note: adult portions would require slightly longer cooking time in the microwave from frozen).

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

For adults - salt & pepper to taste

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

At this point - if you are making half for your little ones and half for adults - separate the mixture and to the adult mixture, add salt and pepper. Heat a little coconut oil / olive oil in a pan and gently fry a small amount of the adult mixture - taste, and adjust seasoning if necessary. Then shape the mixture into frikkadels - following my guidelines of 30grms for toddlers or 80grms for adults.

Heat a little more 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 for the 30grm frikkadels and 20 minutes for the 80grm frikkadels. 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. For my toddler, 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.



