

## Mediterranean Chicken Patties: Your New Go-To for Flavorful Dinner

Mediterranean Chicken Patties



**TIME**  
**5-7 min**

**TEMP**  
**165°F**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

450g ground chicken (a mix of lean and fatty parts is recommended for moisture)  
1 small red onion, finely chopped  
2 cloves garlic, minced  
½ cup fresh parsley, finely chopped  
¼ cup fresh dill, finely chopped  
1 large egg  
¼ cup breadcrumbs (plain or panko)  
½ teaspoon salt  
¼ teaspoon black pepper  
¼ teaspoon dried oregano  
2 tablespoons olive oil, for cooking  
For Serving (Optional):  
Plain Greek yogurt or tzatziki sauce  
Pita bread or buns  
Sliced cucumber, tomatoes, and red onion  
Feta cheese, crumbled

### DIRECTIONS

- 1.** Prepare the : Mixture: In a large mixing bowl, combine the ground chicken, finely chopped red onion, minced garlic, chopped fresh parsley, chopped fresh dill, egg, breadcrumbs, salt, black pepper, and dried oregano.
- 2.** Mix : Gently: Using your hands, mix the ingredients until just combined. Be careful not to overmix, as this can result in tough patties.
- 3.** Form the : Patties: Divide the mixture into 4 or 6 equal portions and form them into patties, about ½ to ¾ inch thick. Press a small indentation into the center of each patty with your thumb to help it cook evenly and prevent it from puffing up.
- 4.** Cook the : Patties: Heat the olive oil in a large skillet over medium-high heat. Carefully place the patties in the hot skillet. Cook for 5-7 minutes per side, or until the patties are golden brown and cooked through (internal temperature of 165°F or 74°C). The time will vary based on the thickness of your patties.
- 5.** Rest and : Serve: Transfer the cooked patties to a plate and let them rest for a few minutes before serving.

### SWAPS & NOTES

**Ground Chicken:** A mix of lean and fatty ground chicken will give you the juiciest patties.  
You can also use ground turkey for a similar result.

**Onion:** Finely dicing the red onion is key so that it doesn't overpower the other flavors and cooks evenly within the patty.

**Herbs:** Fresh parsley and dill are essential for the Mediterranean flavor profile.

## TIPS FOR SUCCESS

**Don't Overmix:** Overmixing the ground meat mixture can make the patties tough and dense.

**Mix just until the ingredients are incorporated.**

**Mind the Indentation:** The small thumbprint in the center helps the patties maintain their shape and ensures they cook evenly.

**Medium-High Heat:** Cooking the patties over medium-high heat gives them a beautiful, golden-brown crust without drying out the inside.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/mediterranean-chicken-patties-your-new-go-to-for-flavorful-dinner/>