



Turkey & Fennel Sausage Patties

3 servings

1 hour 15 minutes

Ingredients

- 340 grams Extra Lean Ground Turkey
- 1/3 tsp Fennel Seed (ground)
- 1/8 tsp Sea Salt
- 3/4 tsp Coconut Oil (melted)
- 3/4 Garlic (clove, large, minced)

Nutrition

Amount per serving	
Calories	182
Fat	11g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	21g
Cholesterol	84mg
Sodium	226mg
Vitamin A	83IU
Vitamin C	0mg
Calcium	28mg
Iron	1mg

Directions

- 1 Add all of the ingredients to a large bowl and mix well with your hands. Divide the meat into even portions and form patties. Refrigerate, covered, for at least one hour.
- 2 Place the cast-iron pan into the oven and preheat it to 375°F (190°C). Once the oven has preheated, remove the pan from the oven and add the patties to the pan. Return the pan to the oven and cook the sausages for 15 minutes, flipping halfway. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days.

Serving Size: One serving is one sausage patty.

More Flavor: Add minced shallot to the sausage mixture.

Serve it With: Eggs, roasted potatoes, mixed greens with your favorite dressing, in between a bun as a burger or sandwich.