Keto Ground Chicken Recipes

These tender ground chicken patties use almond flour instead of breadcrumbs. Shape the mixture gently, cook in a lightly oiled skillet, and verify 165°F (74°C) at the center of the patties.

TOTAL 30 min	PREP 15 min	COOK 15 min	YIELD 4 servings	LEVEL EASY



One single plated serving: two chicken patties with a modest green salad. | Featured image

Ingredients

- 1 lb (450 g) ground chicken
- 1 egg (50 g)
- ¼ cup (28 g) almond flour
- 2 tbsp (8 g) chopped parsley
- 1 garlic clove (3 g), minced
- ½ tsp (3 g) salt
- ¼ tsp (0.5 g) black pepper
- 1 tbsp (15 ml) olive oil

Food safety: Keep raw ground chicken, its bowl and utensils separate from ready-to-eat salad. Wash hands and surfaces after handling raw poultry. Ground chicken must reach 165°F (74°C). Refrigerate leftovers promptly.

Method and cooking stages

Five separate images follow the recipe sequence from measured ingredients through prep, stovetop cooking, finishing and one plated serving.



1. Ingredients
Measured ingredients; ground chicken is isolated from the egg and dry ingredients.



2. Prep
Gently combine chicken, egg, almond flour, parsley, garlic, salt and pepper; shape eight patties.



3. Cooking
Patties brown in a lightly oiled nonstick skillet; turn once and avoid pressing them.



4. Finishing
Check a patty center with a thermometer; cook until it reaches 165°F (74°C).



5. Serving
One single plated serving: two chicken patties with a modest green salad.

1. Mix the patty ingredients

In a bowl, combine ground chicken, egg, almond flour, parsley, garlic, salt and black pepper. Mix gently just until evenly combined; overmixing can make the patties dense.

2. Shape the patties

With clean hands, shape the mixture into 8 small, even patties. Place them on a clean tray. Wash hands and any surfaces that contacted raw chicken before handling salad or other ready-to-eat foods.

3. Cook in the skillet

Heat olive oil in a nonstick skillet over medium heat. Add patties in a single layer without crowding. Cook 5–7 minutes per side, adjusting the heat if they brown too quickly. Do not press them while cooking.

4. Check doneness and serve

Use an instant-read thermometer inserted into the center of the thickest patties. Ground chicken must reach 165°F (74°C). If needed, lower the heat and continue cooking, checking again. Serve hot with salad or other non-starchy vegetables.

> Safe handling and doneness: Keep raw ground chicken, its bowl and utensils separate from ready-to-eat salad. Wash hands and surfaces after handling raw poultry. Ground chicken must reach 165°F (74°C). Refrigerate leftovers promptly.

Serving notes

Serving: Serve hot in four portions with salad or non-starchy vegetables. The featured photo shows one portion. **Tip:** Make patties a similar thickness so they cook evenly. Do not press them in the pan; check the center with a thermometer.

Variations: For an herb variation, use dill instead of parsley. To add heat, mix in ¼ tsp paprika and chili; lemon zest brightens the flavor. Keep the almond flour amount unchanged.

Storage and reheating

Refrigerate: Refrigerate cooked patties in a shallow covered container within 2 hours (within 1 hour above 90°F / 32°C). Keep at 40°F (4°C) or below and use within 3–4 days. **Freeze:** Freeze cooled patties promptly in an airtight container for up to 2 months for best quality. Thaw in the refrigerator.

Reheat: Reheat to 165°F (74°C) throughout, checking several spots. Warm covered in a 350°F (175°C) oven or gently in a skillet; avoid drying them out.

Original recipe formulation; not kitchen-tested. Times are estimates and vary with equipment, patty size and stove heat. Safe minimum temperature reference: FoodSafety.gov. No nutrition values are estimated.