

Fresh for Kids®

# Corn, carrot & chicken rissoles



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**Preparation:** about 25 minutes

**Cooking:** about 10 minutes

**Serves:** 4 kids

500g chicken mince

1 egg, lightly beaten

1 small carrot, grated

1/2 small red onion, grated

1 corn cob, kernels removed

Light olive oil, for frying

Salt and ground black pepper

Crunchy salad, to serve (carrot, cherry tomatoes, lettuce, cucumber)

Sweet chilli or tomato sauce, for dipping

1. Combine chicken mince, egg, carrot, onion and corn kernels in a large bowl. Season with salt and pepper to taste. Mix until well combined. Using heaped tablespoons mixture, roll into small rissoles. Place on a tray, cover with plastic and refrigerate for 30 minutes.
2. Heat 1/2 cm oil in a large non-stick frying pan. Cook rissoles in batches, turning often, for 6–8 minutes or until cooked through. Serve with a crunchy salad and sweet chilli or tomato sauce for dipping

*Alternatively, toss the cooked rissoles in a warmed tomato pasta sauce and serve with spaghetti.*

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## Carrots:

- A good source of vitamin C and beta carotene (which the body converts to vitamin A), so carrots have two anti-infection vitamins.
- Provide dietary fibre, whether raw or cooked. Fibre helps keep the intestine healthy.
- Chewing carrots stimulates production of saliva and helps clean the teeth.