

Fresh for Kids®

Chicken & corn burgers



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Preparation: about 25 minutes (+ 30 minutes chilling time) **Cooking:** about 10 mins **Makes:** 6

Ingredients:

1 sweet corn cob, husks and silks removed
400g chicken mince
½ small onion, finely grated
1 cup fresh whole grain breadcrumbs
1 egg, lightly whisked
salt and ground black pepper
2 tbs light olive oil
6 wholemeal English muffins, halved
8 small oak-leaf lettuce leaves
2 small Lebanese cucumbers, thinly sliced lengthways
sweet chilli sauce or mayonnaise, to serve (optional)

Method:

1. Place corn cob upright on a board and using a sharp knife, slice downwards to remove corn kernels. Place corn kernels in a medium bowl.
2. Add chicken mince, onion, breadcrumbs and egg to corn. Season with salt and pepper to taste. Mix until well combined. Form mixture into 6 patties (about 10cm wide). Place on a tray, cover and refrigerate for 30 minutes.
3. Heat oil in a large non-stick frying pan over medium heat until hot. Add chicken patties and cook for 4–5 minutes each side or until golden and cooked through. Drain on paper towel.
4. Toast muffins. Top each muffin base with lettuce, cucumber and a chicken patty. Drizzle with sweet chilli sauce or mayonnaise, if desired. Top with muffins tops and serve.

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Sweet corn:

- A good source of dietary fibre which keeps the intestine functioning well.
- Provides niacin (vitamin B3), essential for the release of energy from proteins, fats and carbohydrates.
- A source of the antioxidant vitamins C and E.
- Low GI as its carbohydrates are digested slowly.