

Fresh for Kids®

Crunchy vegetable & chicken schnitzel burgers



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Preparation about 15 minutes

Cooking about 6 minutes

Serves 4

- 1 small ripe avocado, peeled and deseeded
- 2 tsp lemon juice
- Salt and ground black pepper
- 2 tbs olive oil
- 4 small crumbed chicken schnitzels
- 4 wholemeal buns, halved
- 4 small butter lettuce leaves
- 2 vine-ripened tomatoes, sliced
- 1 carrot, grated
- 25g snow pea sprouts, trimmed

1. Mash avocado, lemon juice and salt and pepper to taste in a bowl. Set aside.
2. Heat oil in a large non-stick frying pan over medium heat. Cook chicken schnitzels for 3 minutes on each side or until golden and just cooked through. Drain on paper towel.
3. Spread bun bases with mashed avocado. Top with lettuce, tomato, carrot, chicken schnitzels and snow pea sprouts. Top with remaining buns and serve.

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Avocado

- Avocados contain fat, but it's 'good' unsaturated fat that contains some essential fatty acids needed for healthy membranes around all body cells.
- The richest source of vitamin E among fruits and vegetables. Vitamin E is an important antioxidant that helps keep the membranes around every cell in a healthy state.
- A good source of vitamin B6. This vitamin has many functions and helps the body use the amino acids from proteins in muscles.

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