

# Corn, coriander & chicken burgers



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**Preparation:** about 25 minutes  
**Cooking:** about 10 minutes  
**Serves:** 4

1 cob sweetcorn, husks removed  
500g chicken mince  
½ small onion, finely chopped  
⅓ cup coriander leaves, chopped  
1 cup fresh wholegrain breadcrumbs  
1 egg, lightly whisked  
Salt and ground black pepper  
Vegetable oil, for pan-frying

### To serve:

4 oak leaf lettuce leaves  
4 wholemeal bread rolls, halved  
2 lebanese cucumbers, thinly sliced lengthways  
⅓ cup coriander leaves  
⅓ cup sweet chilli sauce

1. Place corn upright on a board, and using a sharp knife, slice downwards to remove kernels. Place corn kernels, chicken mince, onion, coriander, breadcrumbs and egg into a medium bowl. Season with salt and pepper to taste. Mix until well combined. Form mixture into 4 patties. Place on a tray, cover and refrigerate for 30 minutes.
2. Heat ½ cm (depth) vegetable oil in a large non-stick frying pan over medium heat. Add patties and cook for 4–5 minutes on each side until golden and cooked through. Drain on paper towel.
3. To serve, place lettuce on each roll base, top each with a patty, cucumber and coriander. Drizzle with sweet chilli sauce, top each with remaining bread and serve.



### Sweetcorn or corn on the cob

- 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 potassium (helps balance the sodium from salt) and also provides some iron (needed for red blood cells) and a range of carotenoids that have value for eye health.