

Fresh for Kids®

Vegetable chicken burger with salad



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Vegetable chicken burger with salad

Preparation: about 15 minutes + chilling time

Cooking: about 10 minutes

Makes: 4 standard or 8 small patties

350g chicken mince
2 green onions (shallots), finely sliced
1 zucchini, finely grated
1 carrot, finely grated
1 egg, lightly beaten
½ cup dried breadcrumbs
1 tbs vegetable oil

To serve:

4 round wholemeal or Turkish bread rolls,
split in half
4 oak leaf lettuce leaves
1 small ripe avocado, peeled and sliced
lengthways
2 ripe tomatoes, sliced
Tomato sauce

1. To make burgers, combine mince, green onions, zucchini, carrot, egg and breadcrumbs in a large bowl. Season with salt and pepper. Using your hands, form mixture into 4 patties (or for smaller patties form mixture into 8 patties). Place on a tray, cover and chill for 20 minutes.
2. Heat oil in a large non-stick frying pan over medium heat. Add burgers and cook for 4–5 minutes on each side until golden and cooked through.
3. To serve, toast rolls. Top each roll base with lettuce, avocado, tomato and a burger. Drizzle with tomato sauce. Top with bun tops and serve.

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Carrots

- A good source of vitamin C, one of the anti-infection vitamins.
- Crunching a carrot or some carrot sticks is an ideal way to freshen the mouth and help keep teeth clean.
- The natural sweetness in carrots makes them popular with kids and they're also a good source of dietary fibre (keeps kids regular).

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