

Fresh for Kids® Corn & chicken burgers



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SYDNEY MARKETS®

Corn & chicken burgers

Preparation: about 25 minutes

Cooking: about 10 minutes

Makes: 6

1 cob sweet corn, husks removed
400g chicken mince
½ small onion, finely grated
1 cup fresh wholegrain breadcrumbs
1 egg, lightly whisked
Salt and ground black pepper
Vegetable oil, for pan-frying
6 wholemeal bread rolls or English muffins
6 oak leaf lettuce leaves
Lebanese cucumbers, thinly sliced lengthways
Sweet chilli sauce, to serve

1. Place corn upright on a board, and using a sharp knife slice downwards to remove kernels. Place corn kernels in a medium bowl. Add chicken mince, onion, breadcrumbs and egg. Season with salt and pepper to taste. Mix until well combined. Form mixture into 6 patties. Place patties 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. Cook patties for 4–5 minutes on each side until golden and cooked through. Drain on paper towel.
3. Top each bread roll base with a lettuce leaf, cucumber and a chicken patty. Drizzle with sweet chilli sauce, top with remaining bread 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 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.
- Low GI as its carbohydrate is digested slowly.

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