

Chicken and Corn Burgers

Serves: 6



Ingredients

Chicken and Corn Patties

500g lean chicken mince
1 egg, lightly whisked
1 teaspoon wholegrain mustard
125g can corn kernels, drained
1 spring onion, finely sliced
100g button mushrooms, grated or finely chopped
1 teaspoon garlic powder
1 teaspoon paprika powder
2 tablespoons fresh or 1 teaspoon of dried parsley
¾ cup fresh or packaged breadcrumbs
Pinch of black pepper

Burgers

6 wholemeal/wholegrain rolls
2 cups salad vegetables (e.g. grated carrot, cucumber, tomato, canned beetroot)
Condiments of choice

Method

Chicken and Corn Patties

1. Place chicken mince in a large bowl and gently separate
2. In a small bowl/jug add egg and mustard, whisk to combine, then add to chicken
3. Combine all other ingredients and 1 tablespoon of the breadcrumbs in the large bowl, mix well
4. Shape the mixture into 6 patties, roll in breadcrumbs and flatten slightly. Refrigerate until firm
5. Lightly spray patties with olive oil spray
6. Bake in oven for 20 minutes or until golden brown and cooked through. Alternatively cook in pan over low heat turning often
7. Place the lid on the pan halfway through cooking to keep the patties moist.

Assembly

1. Cut bread roll in half, place cooked patty inside
2. Add salad vegetables
3. Add condiments.