



Chicken & Corn Burgers

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Burger patties are best served in a wholegrain roll, toasted or untoasted and loaded with salad e.g. lettuce, carrot, cucumber, tomato, avocado, beetroot or coleslaw (cabbage, carrot, spring onion, corn and capsicum). Burgers served with at least three salad ingredients are classified as GREEN.

Handy tip: patties can be prepared and frozen uncooked between sheets of grease proof paper ready for later use.

Traffic light category: Amber Serves: 12 (100g)

Ingredients

- 1kg lean chicken mince
- 2 eggs, lightly whisked
- 2 teaspoons wholegrain mustard
- 125g can corn kernels, drained
- 2 spring onions, finely sliced
- 200g button mushrooms, grated
- 2 teaspoons garlic powder
- 2 teaspoons paprika powder
- 4 tablespoons fresh or dried parsley
- 1½ cups fresh or packaged breadcrumbs
- Pinch black pepper

Method

1. Place chicken mince in a large bowl and gently separate
2. In a small bowl/jug add egg and mustard, whisk to combine, add to chicken
3. Combine all other ingredients and ¼ cup of the breadcrumbs in a large bowl, mix well
4. Shape the mixture into 12 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, to keep the patties moist place the lid on the pan halfway through cooking.



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