



# Chicken fillet burgers

**SERVES: 2**

## INGREDIENTS



1 egg, lightly beaten



20 g plain flour



2 teaspoons cornflake crumbs



2 tablespoons  
canola oil



2 chicken breasts,  
flattened



2 hamburger buns



2 teaspoons  
mayonnaise



2 slices Swiss cheese



2 lettuce leaves



4 slices of tomato



1/2 carrot, grated

Preparation

**35**  
mins

Cooking

**15**  
mins

Serving & Presentation

**10**  
mins

Total time:

**60 MINUTES**

## METHOD

- 1 To prepare the egg and flour wash, beat egg in a small bowl and place flour onto a flat plate.
- 2 Place cornflake crumbs onto a separate flat plate.
- 3 Dip the chicken into the egg and flour wash, then cover in cornflake crumbs.
- 4 Heat oil in a frying pan on a low heat and cook chicken for 4 minutes on either side or until cooked through.
- 5 Remove chicken from pan and place onto a piece of paper towel to drain.
- 6 Open the hamburger bun and spread with mayonnaise.
- 7 Arrange chicken, cheese, lettuce, tomato and carrot on the bun.
- 8 Serve.

## tips & Techniques

When preparing food for an egg and flour wash, it is important to pat it dry. Use paper towels to remove excess moisture from the chicken breast.

Frying oil can be very dangerous so be sure to keep an eye on the temperature. If the oil begins to smoke, turn off the stove top and leave in a safe place to cool.

Chicken must be stored at correct temperatures, otherwise it can cause food poisoning. Check the storage of the chicken and be sure to keep it below the 'danger zone' until you are ready to cook it.

