

# CHICKEN AND HASH BROWN BURGERS

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## Ingredients (Serves 4)

### For the burgers:

4 skinless and boneless chicken breasts,  
halved widthways  
1 tsp onion powder  
1/2 tsp garlic granules  
1/2 tsp mild chilli powder  
1/2 tsp ground allspice  
1/2 tsp smoked paprika

### For the hash browns:

500g floury potatoes, i.e Maris Pipers  
1 large egg, beaten

### For the chilli salsa:

300g tomatoes, roughly chopped  
1/2 red onion, finely chopped  
1 red chilli, deseeded and roughly  
chopped  
1 tsp red wine vinegar  
Low-calorie cooking spray

8 sweetcorn cobbettes  
Fat free natural yoghurt, to serve  
3 x 60g wholemeal rolls, halved  
2 little gem lettuces, to serve

1. **Blitz all the salsa ingredients, except the low-calorie cooking spray, into a rough puree using a stick blender or food processor. Spray a small non-stick frying pan with low - calorie cooking spray and place over a medium - high heat. Add the salsa, bring to a simmer and bubble for 5 - 6 minutes, until reduced and deep red, stirring frequently. Remove from the heat and set aside**
2. **Preheat your oven to 220C/fan 200C/gas 7**
3. **To make the hash browns, coarsely grate the potatoes and put them on a clean tea towel. Gather up the sides, then squeeze hard to get rid of as much liquid as possible. Repeat 3-4 times, then tip into a mixing bowl. Stir through the egg and season lightly.**
4. **Spray a large non-stick frying pan with low-calorie cooking spray and place over a medium heat. Put four 8cm diameter cooking rings in**



the middle of the pan. Spray the insides of the rings with low-calorie cooking spray, then divide the potato mixture between the rings and pack down tightly. Fry the hash browns for 4-5 minutes, or until the bases are golden all over.

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5. **Meanwhile for the burgers, put the chicken pieces between 2 sheets of cling film and use a rolling pin to bash them until they're 1 - 2cm thick. Mix together all the spices, then tip onto a plate. Dip each piece of chicken into the spices to coat all over in a thick layer. Spray a large non-stick frying pan with low-calorie cooking spray and place over a medium - high heat. Fry the chicken for 2 - 3 minutes on each side, or until cooked through. Transfer the chicken to a plate, cover with foil and leave to rest for 2 minutes. Boil the corn for 5 minutes, then drain.**
6. **Spread a little yoghurt over the roll bases and top each with a couple of lettuce leaves. Spread some of the salsa onto the roll lids. Fill each roll with a piece of chicken, a hash brown, then another piece of chicken. Serve each burger with the remaining salsa and lettuce and the corn on the side**

