Healthy Kids Expo Recipe



Bakers Maison Australia - Honey-glazed Chicken Burgers

Everyday

Serves 4

Ingredients:

- ¼ cup honey
- 2 tbsp soy sauce
- 1 tbsp olive oil
- 1 clove garlic, minced
- 2 boneless, skinless chicken breasts
- Black pepper
- 4 x 80g Bakers Maison Australia Milk Buns
- 1½ cups iceberg lettuce, chopped
- 1 large tomato, sliced
- 1/4 red onion, sliced

Method:

- 1. Preheat your grill to medium-high heat
- 2. Combine the honey, soy sauce, olive oil and minced garlic in a small bowl and whisk to combine
- 3. Season the chicken breasts with black pepper
- 4. Brush the chicken breasts with the honey glaze
- 5. Place the chicken breasts on the grill and cook for 6-7 minutes on each side, or until they are cooked through
- 6. During the last minute of cooking, brush each chicken breast with more honey glaze
- 7. Toast the burger buns on the grill
- 8. Assemble the burgers by placing each chicken breast on a toasted bun, topped with lettuce, tomato and onion.
- 9. Serve

