Chicken and Sweetcorn Breakfast Waffles

4 breakfasts: one quarter of all waffles plus 60 g yogurt and its share of lemon and parsley; usually 8 modest waffles, 2 per serving | Active 30 min | Cook 40 min | Total 65 min

Ingredients

- 3 1/2 oz all-purpose flour (100 g)
- 2 1/8 oz rolled oats (60 g)
- 2 large eggs, without shells (100 g)
- 1 cup 2% milk (240 ml; use 240 g for the estimate)
- 7 oz plain roast chicken breast, skin removed, finely chopped (200 g cooked edible weight)
- 5 oz canned sweetcorn, drained, rinsed and blotted dry (140 g)
- 2 scallions, trimmed and finely sliced (20 g)
- 4 teaspoons olive oil (20 ml/18 g), divided
- 1 1/2 teaspoons baking powder (6 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1/2 teaspoon sweet paprika (1 g)
- About 1 cup plain nonfat Greek yogurt (240 g)
- 4 teaspoons lemon juice (20 ml/20 g)
- A small handful fresh parsley, finely chopped (6 g)

Set out

Waffle iron with manufacturer instructions and capacity of about 1/2 cup/120 ml per waffle, or use smaller batches, Kitchen scale, two mixing bowls and whisk, Clean knife and board for cooked chicken, Pastry brush, cooling rack and rimmed tray, Thin-tip food thermometer, Covered batter bowl and refrigerator space at 40°F/4°C or below between waffle batches

Allergens

Wheat, Egg, Milk, Check oats and baking powder for allergen or cross-contact statements.. Check labels and substitutions.

Make it

1. Use plain chicken cooked today or yesterday and promptly chilled at 40°F/4°C or below; the 65-minute timing starts with cooked chicken. Do not use raw chicken. Whisk flour, oats, baking powder, salt and paprika in a bowl. In another bowl whisk eggs, milk and 3 teaspoons/15 ml of the oil. Stir wet into dry just until combined. Rest 10 minutes while heating the waffle iron according to its manual.

2. Fold in the finely chopped chicken, dry corn and scallions. Weigh the batter and divide it into eight equal portions, about 110 g each. Follow the iron's fill limit: if those portions are too large, cook more, smaller waffles and later divide the complete batch into four equal servings. Cover the remaining raw-egg-and-chicken batter and refrigerate at 40°F/4°C or below between sequential waffles; remove only the next portion when the iron is ready.

3. Use the remaining 1 teaspoon/5 ml oil to brush the grids lightly over the whole batch. Cook a portion for about 4–5 minutes, or the manufacturer's time, until browned and firmly set. A thin probe inserted sideways

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into the center should read at least 165°F/74°C. Keep the lid closed until the waffle releases readily. Transfer to a rack; repeat, allowing up to 40 minutes for eight sequential waffles. Keep the remaining batter covered in the refrigerator between portions. A slower iron, or more smaller batches, extends the total time; every waffle still needs the 165°F/74°C center.

4. Meanwhile mix all the yogurt, lemon juice and parsley in a clean bowl. Cover and refrigerate until serving. Divide the entire cooked waffle batch into four portions and serve each with one quarter of the dip. With eight waffles, that is two waffles per breakfast.

Estimated nutrition per serving

Calories: 400 kcal | Protein: 32.3 g | Carbohydrate: 40.3 g | Fat: 11.9 g | Fiber: 3.1 g. One of 4 servings. Batch yield: 4 breakfasts: one quarter of all waffles plus 60 g yogurt and its share of lemon and parsley; usually 8 modest waffles, 2 per serving. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

A breakfast that can wait for the morning

Make the whole batch when there is time to run the iron, then keep the portions separate. The dip can travel cold in a small pot while the waffle portion is reheated at home; no special eating window is prescribed.

A useful detail

The chicken weight is measured after cooking and removing skin and bones. The base uses plain roast chicken, not breaded or sauced chicken. All the measured grid oil is included in the nutrition estimate even though a little may remain on the iron.

Another way

Replace the 20 g scallions with 20 g finely chopped chives for a milder onion flavor.

Replace the 6 g parsley in the dip with the same weight of fresh dill. These changes are outside the base estimate.

Keep it well

Cool waffles unstacked and refrigerate in shallow containers within 2 hours, or 1 hour above 90°F/32°C. Keep waffles and dip at 40°F/4°C or below for up to 2 days, and never beyond 3 days from the chicken's original cooking date, whichever is sooner. Freeze separated waffles promptly for up to 2 months if needed; thaw in the refrigerator. Reheat only the portion needed on a rack at 350°F/175°C until its center reaches 165°F/74°C. Keep the dip cold; carry it in an insulated bag with two cold sources.