



Chicken Schnitzel

(serves 4 people)

Ingredients:

4 small chicken breasts

3 tbsp grated parmesan

100gm flour

1 large egg

75 gm breadcrumbs

75 mls cooking oil

Method:

Put the flour into a bowl.

In a separate bowl, beat the egg.

Put the breadcrumbs and the grated parmesan into a third bowl.

Dip the chicken into the flour, and shake off any extra.

Then dip into the egg, and allow any excess to run off.

Finally, dip into the breadcrumbs until fully coated.

Add the oil to a pan and heat it up.

Fry the chicken over a low-medium heat until golden on all sides, and cooked through.

NOTE – You can use panko or homemade breadcrumbs for this dish.