

Chicken Schnitty

Serves: 2

Prep time: 15 minutes

Cook time: 10-12 minutes



1 serve per portion

Ingredients

½ bunch flat leaf parsley, chopped

Zest of one lemon

2 tablespoons parmesan, finely grated

½ cup breadcrumbs, multigrain or sourdough

1 egg, lightly beaten

½ cup wholemeal flour

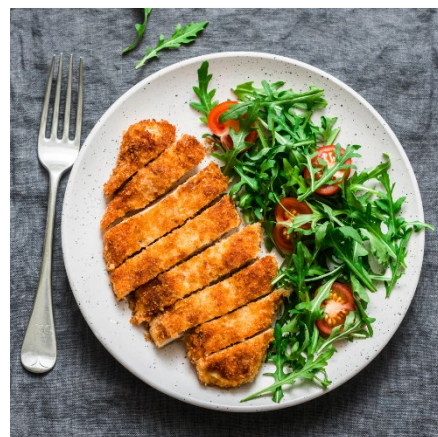
Ground black pepper, to taste

1 chicken breast (approx. 300 grams)

1 teaspoon olive oil

Lemon to serve

2 cups of garden salad or 1 cup of steamed veggies



Everyday Food

Method

PREHEAT oven to 180°C and line a tray with baking paper.

CUT chicken breast in half and place between baking paper or glad wrap. Pound each piece flat (to about half a cm thick) with a rolling pin or meat tenderiser.

ADD parsley, lemon zest, parmesan and breadcrumbs to a bowl. Combine well.

ADD beaten egg to another bowl.

PLACE flour on a flat plate then grind pepper over and stir to combine.

ROLL each flattened chicken breast half in flour then dip in egg mixture. Allow chicken to drain slightly, then roll in the breadcrumb mixture. Place on prepared baking tray.

DRIZZLE the chicken lightly with olive oil.

BAKE in oven for 5-6 minutes then flip chicken and continue baking until cooked through (about 5-6 minutes more).

SERVE the chicken with a lemon wedge and a garden salad or steamed vegetables on the side.

Recipe courtesy of Suzie van Laarhoven, Country Kitchens team