

Crispy Chicken and Cheese Bagel



Serves	Prep Time	Cooking	Total Time	Calories
4 people				562 kcal

Stuff that's in it:

- 40G Plain Flour
- 100G Corn Flakes
- 4 Chicken Breasts
 - 1 Egg
- 1 Tsp Mild Chilli Powder
- 1 Tsp Garlic Granules
- 1 Tsp Sweet Paprika
- 100G Eat Lean Red Protein Cheese
 - 4 Large Bagels
 - 1 Green Chilli
- 1 Lettuce (Shredded)

What you do:

Pre heat your oven to 200c.

Blend the corn flakes in a food processor with all of the spices and season.

Tip out onto a plate

Tip the flour onto another, whisk the egg and tip on another plate.

Using a mallet or rolling pin bash your chicken breasts each side gently until flattened, I used a piece of cling film under and over the top, this stops the meat splitting.

Dip each breast in the flour, then egg wash and then coat all over with the cornflake crumb, pop on a non stick tray and bake for 25-30 mins until crispy and cooked right through, the thicker your chicken the longer it takes to cook, always check the temperature, 75c means its safe to eat.

Split and toast your bagels and add the cheese, I like to melt in the microwave and then add the chicken and other toppings.

Enjoy!

Nutrition

- Carbs: 68g
- Fat: 5g
- Protein: 58g

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