

Crispy Panko Chicken



| Serves | Prep Time | Cooking | Total Time | Calories |
|-----------------|-----------|---------|------------|-----------------|
| 4 people | | | | 333 kcal |

Stuff that's in it:

- 4 Chicken Breasts
- 25G Lurpack Lighter
- 120G Panko Bread Crumbs
- Small Bunch Fresh Parsely
 - 1 Large Egg
- Squeeze Of Fresh Lemon Juice
 - Salt And Pepper
 - 35G Flour

What you do:

Pop your breadcrumbs, Lurpack parsley and a squeeze of lemon juice into a food processor, add a pinch of salt and pepper and blitz until fine.

Place your chicken breast between some cling film and bash with a mallet each side until flattened.

Take 3 plates, add flour to one, add whisked egg to one and add the breadcrumb mix to another. Coat your chicken first in flour, then egg wash, then the crumbs, coat all over into sealed, repeat with each one.

Add the oil to a large fry pan or fry in batches/2 pans.

Heat to a medium and gently fry for 5 minutes each side until golden and Cooked through, use a thermometer to ensure they are 75°c or over cooked all the way through.

Nutrition

- Carbs: 17g
- Fat: 11g
- Protein: 40g

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