



Chicken Schnitzel



Serves

4



Prep Time

15 mins



Cook Time

20 - 30 mins

Chicken schnitzel is a way of life in my family. The following recipe makes enough for dinner for my family of 4 with some leftovers for lunch. You can, of course, buy pre-made from the butcher but if you want to make it yourself, here's how:

Ingredients

4 chicken breasts

Plain flour, for dusting

**2 eggs lightly beaten
with 2 tbsps water**

**Bread crumbs (dried or
fresh)**

**Sunflower or vegetable
oil for shallow frying.**

Method

1. To prepare the chicken breast you can go about it one of two ways. You can therapeutically bash chicken breast flat with a rolling pin between two sheets of baking paper. Or I cut the tenderloin off (very carefully using my sharpest chef's knife) and slice the remainder of the breast in half horizontally
2. Once you have your chicken pieces, dust with flour, then dip in the beaten egg, before coating in the bread crumbs. I like to make sure I press the crumbs well into the chicken pieces.
3. Preheat the oil in a frying pan over a medium heat to 180 degs, which is when a cube of bread will turn golden in about 90 seconds.
6. Cook the chicken for about 2 - 3 minutes each side, until golden brown and cooked through. Drain on absorbent paper towel.



Notes & Serving Suggestions

- Make sure the chicken is thin (but not too thin), about 1cm - 1.5cm,
- Make sure your oil is the right temperature to cook the meat through; but not burn your breadcrumbs!
- You can get all fancy and add herbs into your breadcrumbs too if you wish (try some thyme or oregano); or even a bit of parmesan cheese.
- Leftover schnitzel is a great lunch as is. If I make too much extra, I top with a good quality tomato passata and cheese for home-made parmisi!!

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