

Breaded Chicken Breast

Prep Time: 10 Min **Cook Time:** 20 Min **Total Time:** 30 Min
Serves 1

Ingredients

100g chicken breast

1 melba toast (or 2 gressin breadsticks)

Dash of garlic powder

Dash of onion powder

Dash of poultry seasoning

Dash of basil

Dash of sea salt

Dash of pepper

1 Tbsp milk

Instructions

- 1 Crush Melba toast or breadsticks (a magic bullet works great!)
- 2 Add seasonings to crumbs
- 3 Using a mallet pound chicken until flat & thin
- 4 Dip chicken into milk and then into crumbs
- 5 Bake at 350 degrees for 20 minutes (15 min for 'fingers' or 'nuggets')

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